

KOHL'S

MINDFUL ME

PAUSE
BREATHE
CONNECT



Kohl's Mindful Me is a community-focused behavioral health program aimed at building childhood and family resiliency.

Schools and organizations serving children are eligible for:

Five-part presentation series to engage adults in the process of implementing trauma-informed environments:

- Understanding Adverse Childhood Experiences (ACEs) and Trauma [2 hours]
- Tools for Building Trauma-Informed Environments [2 hours]
- Rethinking Discipline [2 hours]
- Yoga and Mindfulness in the School Setting [2 hours]
- Self-Care and Other Supports for Staff [2 hours]

These trainings can be offered as part of a series or independently, depending on the needs of your organization.

Mental wellness classes using the evidence-based Youth Mental Health First Aid program.

This training addresses mental health challenges youth may face, how to identify signs of those challenges, and how to refer youth to appropriate services. [8 hours]

Parenting classes using the research-backed Positive Parenting Program (Triple P) curriculum.

This training addresses child development and works to foster family behavioral health. Triple P can be offered as three 1-hour group seminars, or as 2-hour group sessions for 8 weeks.

A garden built on school grounds that helps children reduce stress, raise self-confidence and build interpersonal, cooperative skills.

One school to be selected per year for installation and support.

Support and guidance to assist in school-wide and organization-wide implementation of trauma-sensitive and trauma-informed practices.

Special Program Offerings

Schools may request the following items as part of our commitment to building child and family resiliency:

- Kohl's Mindful Me Card Deck
- Kohl's Mindful Me Trauma Sensitive Schools Starter Kit
- The Trauma Sensitive Schools Symposium will foster collaboration and create dynamic relationships between schools, school staff and community resources.**

Keynote speakers will present new ways to build student leader relationships and help teachers, social workers, counselors, school support staff and community organizers apply these key concepts in their work.

All requests for training and presentations are handled on a case-by-case basis.

For more information, contact the Kohl's Mindful Me team at mindfulme@phoenixchildrens.com or 602-933-2970.

Please visit our website at www.kohlsmindfulme.org