

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](mailto:mindfulme@phoenixchildrens.com) or 602-933-2970.

Please visit our website at [www.kohlsmindfulme.org](http://www.kohlsmindfulme.org)