

## **MENTAL HEALTH AND WELLNESS**

### Supporting our Community

### **FLYERS**

1. Hours: Broward County Resiliency Center
2. Support Groups at Broward County Resiliency Center
3. Employee Assistance Program – Counseling
4. Trauma Counseling – Broward Behavioral Health Coalition
5. Mindfulness Workshops for Adults in the Stoneman Douglas Zone
6. Tomorrow's Rainbow, Incorporated

For assistance between 9 a.m. – 5 p.m.

Please call the Hotline at

754-321-HELP (4357)

After 5 p.m., dial **2-1-1**

For additional resources online, visit [browardschools.com/CrisisSupport](https://www.browardschools.com/CrisisSupport)

To offer your support or services to the community,

visit [browardschools.com/WeSupport](https://www.browardschools.com/WeSupport)

# Broward County Resiliency Center

City of Parkland Amphitheater, Pine Trails Park

10561 Trails End, Parkland, FL 33076

## Services Provided

Crisis/Grief Counseling/Spiritual Care

Language Translation

Referrals to Community Resources

### Hours of Operation:

Saturday	12 p.m. to 5 p.m.
Sunday	12 p.m. to 5 p.m.
Monday	12 p.m. to 7 p.m.
Tuesday	12 p.m. to 7 p.m.
Wednesday	12 p.m. to 7 p.m.
Thursday	12 p.m. to 7 p.m.
Friday	12 p.m. to 7 p.m.

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Text "FL" 741741 to be connected with a counselor

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## FREE WELLNESS SUPPORT GROUPS

### STUDENT Support Group (Grades 9-12)

Mondays from 6 p.m. – 6:45 p.m.

### PARENT Support Group

Tuesdays from 6 p.m. – 7 p.m.

### BCPS SCHOOL STAFF Support Group

Thursdays from 4 p.m. – 5 p.m.

### KNITTING Support Group (Max 12 participants)

Located at Rec Center Activity Room 4

Open to adults 5:30 p.m. to 7:30 p.m.

**Call 754-321-1590 to reserve your space**

For assistance between 9 a.m. – 5 p.m., please call the Hot-line at  
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# TRAUMA COUNSELING

The recent Marjory Stonemen Douglas High School tragedy has profoundly impacted our community. If you have been affected and are experiencing depression, anxiety, anger, grief, or are having difficulty communicating, focusing or feeling stressed, please know that free help is available.

## Youth

### Kids In Distress

Rachel Hord  
954-390-7654 ext 1039

### Memorial Healthcare System

Joshua Plantz  
954-276-0920



## Adult

### Memorial Healthcare System

Tracy Klein  
954-276-3402

## Youth -or- Adult

### Henderson Behavioral Health

Lani Fandino  
954-677-3113 opt 3

### Smith Community Mental Health

Michael Houghtaling  
954-321-2296 ext 219

### Banyan Health Systems

Shirley Gramajo  
954-587-1417

### Chrysalis Health

Kenjenique Johnson  
954-587-1008 ext 1051

*Counseling provides the opportunity for individuals to begin the healing process with trauma trained professionals. The counseling relationship is objective, non-judgmental, and understanding. Most importantly, services are strictly confidential, available at no cost and provided by an organization of your choice.*

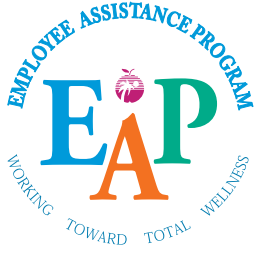
*Daytime, evening and weekend appointments are available.*

**For immediate crisis services, please contact Henderson Behavioral Health:**

Adult Mobile Crisis Response Team 954.463.0911

Youth Emergency Services 954.677.3113 opt 3





# RESOURCES FROM THE EMPLOYEE ASSISTANCE PROGRAM (EAP)

EMPLOYEE ASSISTANCE PROGRAM • 754-322-9900  
5400 SW 90TH AVE. • COOPER CITY, FL 33328

**EAP ALSO AVAILABLE AT THE  
Broward County Resiliency Center at Pines Trails Park  
on Fridays BY APPOINTMENT ONLY**



## Programs:

Trauma Resolution Integration Program  
Maltz Building  
3301 College Avenue  
Fort Lauderdale-Davie, FL 33314  
954-262-5730

**HOTLINE: First call for Help 24 hours per day • 211**

## Links:

- 1) Managing your distress in the aftermath of a shooting
- 2) Coping in the Aftermath of a Shooting
- 3) Coping with Traumatic Events
- 4) Traumatic Stress: Tips for Recovering After a Traumatic Event
- 5) Dealing with the Effects of Trauma - A Self Help Guide

**Note: added below for easy inclusion. Above are the titles, below are the links**

1. <http://www.apa.org/helpcenter/mass-shooting.aspx>
2. <https://www.counseling.org/knowledge-center/coping-in-the-aftermath-of-a-shooting>
3. <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>
4. <https://www.helpguide.org/articles/ptsd-trauma/traumatic-4.stress.htm>
5. <https://www.unh.edu/pacs/dealing-effects-trauma-%E2%80%93-self-help-guide> PTSD specific Info

## Online Support Group:

<http://www.mbconnection.co/treatment-for-post-traumatic-stress-symptoms/> Online support group <https://ptsd.supportgroups.com/>

## Books on Trauma:

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* Paperback – September 8, 2015 by Bessel van der Kolk M.D. (Author)

*The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* Paperback – January 10, 2017 by Arielle Schwartz PhD (Author), Jim Knipe PhD (Foreword)

*Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA* Paperback – December 13, 2013 by Pete Walker (Author)



The School Board of Broward County, Florida • Nora Rupert, Chair • Heather P. Brinkworth, Vice Chair • Robin Bartleman • Abby M. Freedman • Patricia Good • Donna P. Korn • Laurie Rich Levinson • Ann Murray • Dr. Rosalind Osgood Robert W. Runcie, Superintendent of Schools

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# Free Mindfulness Workshops

for Adults  
Stoneman Douglas Zone



**MINDFUL KIDS  
MIAMI**  
STRONG HEARTS•STRONG MINDS

Learn the mindfulness approach to reduce stress and anxiety, while increasing focus, awareness, balance, and peace of mind. Mindfulness provides tools for living in the present moment with joy and health.

**Audience:** Teachers, Parents and any other Adult Staff

**Location:** Coral Springs Middle, Media Center

**Time:** 4:30PM and 5:30PM

**Date Options:** Select one or more of the following dates.

Monday, April 16, Wednesday, April 18, Monday, April 23, Wednesday, April 25, Monday, April 30, Wednesday, May 2, Monday, May 7, Wednesday, May 9, Monday, May 14, Wednesday, May 16, Monday, May 21, Wednesday, May 23, Wednesday, May 30, Monday, June 4, Wednesday, June 6

**Registration Link:** [https://www.surveymonkey.com/r/\\_mindfulness](https://www.surveymonkey.com/r/_mindfulness)

**Provider:** Mindful Kids, Miami





## Facts about grieving children:

One out of every 20 children will have a parent die before graduating from high school. In Broward County alone, this number translates to over 20,000 children. This does not include children grieving the death of a sibling, grandparent, close family member or friend. Sadly, the tragedy for these children is twofold: first, the devastating death of a loved one and second, their needs that are not recognized, understood or adequately supported by society.

Children grieve in their own language which is through symbolic play. Often, their caregiver is too distraught in their own grief to recognize that the children need support. Without support to guide a child through healthy avenues of expression in dealing with their grief, grieving children are at greater risk of developing behavioral and emotional problems such as anxiety, substance abuse, poor academic performance, aggression, fear of death, low self-confidence, social isolation, depression and self harm including suicide.

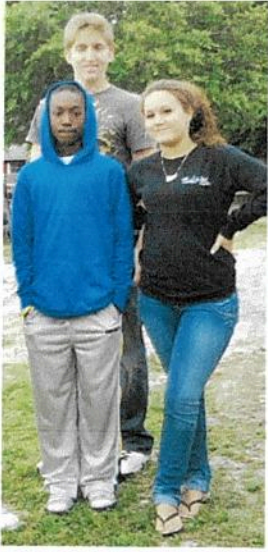
Supporting bereaved youth is an investment in our community's future. A Columbia University 2005 survey of 300 incarcerated adolescents indicated that 96% had experienced the death of someone significant in their lives. Equally as startling is that they also found that 92% of young people in drug and alcohol rehabilitation programs had experienced the death of someone significant.

## Facts about Tomorrow's Rainbow:

**Background** Tomorrow's Rainbow was the vision of its founder, Abby Mosher, after a family tragedy identified the lack of understanding and support provided in our community for the forgotten mourners, bereaved children. The mission is to provide educational and emotional support and guidance to grieving children and their families. The Tomorrow's Rainbow Ranch is the home of the first grief center of its kind to incorporate the time tested best practices of facilitated peer support with the therapeutic use of miniature horses. In October 2005, Tomorrow's Rainbow began providing grief support programs by utilizing facilitated peer support groups, miniature horse interactions and therapeutic play, free of charge, to children and their families that had experienced the death of a loved one. Since then, one support group per week quickly grew to 14 bi-weekly groups with thousands of families having experienced the comprehensive and innovative approach to grief support that occurs at the Tomorrow's Rainbow Ranch. In a short time, Tomorrow's Rainbow has grown from a vision of its founder, to a highly respected program that receives daily referrals from schools, hospice organizations, funeral homes, doctors and social agencies.

**Need** Tomorrow's Rainbow is the only stand alone children's grief center in Broward and Palm Beach County. The impact of raising awareness regarding the needs of bereaved children coupled with an excellent reputation in the community and among social agencies has resulted in an overwhelming number of referrals to the organization. Tomorrow's Rainbow is funded primarily by private and corporate donations. The organization has a staff of 2 full time employees, 1 part time employee and over 200 active volunteers. This invaluable resource will only continue to exist with community support, awareness and advocacy.

[www.TomorrowsRainbow.org](http://www.TomorrowsRainbow.org)



# Teen Grief Support Group

Peer Support Group for  
MSDHS students

**A grief support group that understands the way teens grieve. This is a closed group for students of Marjory Stoneman Douglas High School only. Additional support groups are being added.**

No judgement, no advice, no interpretation, no teaching, no preaching... Tomorrow's Rainbow understands that, with support, we all have the innate ability to heal after the tragic death of somebody important to us. Join around the fire pit, eat pizza, drink soda and support one another through grief.

See why Tomorrow's Rainbow is the premier resource for grieving children, teens and their adults in our community. Experience the healing that occurs when camaraderie is combined with compassion and time tested, best practice bereavement services. Please join us!

- WHEN:** Beginning Wednesday, March 14, 2017
- TIME:** Pizza & socializing begins at 5:30 PM. Group is from 6:00 to 7:30 PM.
- WHERE:** Tomorrow's Rainbow, 4341 NW 39th Avenue, Coconut Creek, FL 33073
- COST:** Free. Tomorrow's Rainbow does not charge a fee for support groups.
- DURATION:** Open-ended
- REGISTRATION:** You may register at anytime. Call Marla Berger, LMHC at 954.978.2390



Tomorrow's Rainbow opened its doors in 2005 to fill a void in Broward County for age appropriate grief support services. Our groups are offered to children and teens ages 3 to 18 years old along with their adult caregivers to ensure that the entire family unit is being supported. In 12 years, Tomorrow's Rainbow has provided grief support for thousands of bereaved youth in our community by infusing the therapeutic use of horses into the best practice model of facilitated peer support. Tomorrow's Rainbow never charges a fee for support groups and is funded solely by private donors, foundations and corporate donors. Children do grieve. We understand how.



**954.978.2390**

**[www.TomorrowsRainbow.org](http://www.TomorrowsRainbow.org)**