

Video Resources from the Center for Trauma Informed Innovation

Take a 20-minute break to learn and practice
a strategy for building resilience
bit.ly/CupofCompassion



Select from our collection of
10-minute guided practices
bit.ly/CTIIMindful

Orientation to
Trauma Informed Care



View a short intro to trauma
informed care
bit.ly/45minTIC

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youtube.com/c/CenterforTraumaInformedInnovation



Advancing resilience, compassion, and wellbeing