JRI | Leader in Social Justice

For more information
acoole@jri.org
(508) 674-5600 x2273

Trauma Sensitive
Yoga Group for Kids

This **FREE *WholeYoga group*** is intended for children ages 8-12 who have been impacted by trauma.

Youth Trauma Program at
The Fernandes Center for Children & Families
222 Milliken Boulevard, Fall River, MA

Facilitated by:
Trauma Center Trauma Sensitive Yoga Facilitator
Anne Parsons Marchant, TCTSY-F, RN MS CNS
WholeYoga.org

WholeYoga uses Trauma Center Trauma Sensitive Yoga (TCTSY), a technique developed by the Justice Resource Institute (JRI). This highly effective body based treatment is a research-backed strategy for complex trauma and is approved by the federal government (SAMHSA). TCTSY is an opportunity to bring attention to the breath and learn how breath and movement feel in our bodies. Using gentle yoga, participants can practice making choices about breath and movement, while tapping into the part of the brain that is in the here and now. You are invited to engage in gentle breath and simple movements - that anyone can do - to notice connection; to breath, to movement, to curiosity, to fun!

For more information, please contact Amy Coole, MSW, LCSW

acoole@jri.org **(508) 674-5600 x2273**

This program is free of charge.

The Youth Trauma Program is partially supported by the Massachusetts Office for Victim Assistance through a 1984 Victims of Crime Act grant from the Office of Victims of Crime, Office of Justice Programs, and the US Department of Justice.

Saint Anne's Hospital
A STEWARD FAMILY HOSPITAL
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