

OVERCOMING HARDSHIPS

The Community Healing Project looks beyond individuals' trauma. We teach about our community's historical context and how to overcome any associated hardships and community trauma.

As part of the project, you will learn about historical traumas experienced in Willowbrook and Compton and the challenges of long-term social inequality. By understanding this history together, we can learn strategies to address poverty, joblessness, and the lack of community services.

By working with other partner organizations, we can also connect you with other resources. These resources can help with financial hardship, housing, health, case management, and other forms of support.



If you want to participate in any of the

Community Healing

Project's activities, please contact:

Jimena Cayetano
Trauma Informed Training Coordinator

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323.249.2950

You can also learn more on our website at

drewcdc.org/services/trauma-informed-care-tic-training/



DREW CDC

Every Child's Success
Strengthens Community

Community Healing Project



Learning to Heal
From Trauma
Together

323.249.2950

ABOUT DREW CDC

Drew Child Development Corporation (Drew CDC) is a non-profit organization dedicated to the education and care of children in South Los Angeles, CA. Since 1987, Drew CDC's community-based programs have provided a variety of essential services to the underserved and culturally diverse families in our community. Drew CDC currently helps over 16,000 children and families every year.

Drew CDC's Community Healing Project is funded by a Trauma Prevention Partnerships Trauma Informed Care grant. These grants are provided by the American Rescue Plan Act (ARPA) through the California Community Foundation (CCF) under the supervision of the Department of Public Health (DHP) Office of Violence Prevention (OVP).

The Community Healing Project promotes community-based care in the Willowbrook/Compton area. The project provides services, trainings, and community events that focus on understanding and healing mental trauma.



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OVERVIEW



The Community Healing Project will provide you with the knowledge and tools to overcome traumatic events so you can help us heal the Willowbrook/Compton community.

Trauma is a powerful emotional response within our brains and bodies caused by stressful experiences. Trauma can affect:

- The brain and its development.
- Mental, behavioral, and chronic physical health conditions (SAMHSA, 2015).
- People of any age, gender, income level, race, or ethnicity.

To treat trauma, this project teaches Trauma Informed Care (TIC). TIC is a special method to help people that is more sensitive to trauma than other types of care. The project provides TIC and healing through trainings and support groups to individuals, caregivers, and families.

HOW WE WORK

This project takes a collaborative approach. We build on individuals' strengths, look for barriers to recovery, and teach knowledge and strategies about TIC. Being trauma informed means recognizing that our children and fellow community members have experienced different types of traumas in their lives. You can learn how these traumas impact them and how to avoid further pain and trauma.

To guide and support the trauma recovery process, the project will include:

- Monthly Trainings (in English and Spanish)
- Coaching services
- Support groups
- Quarterly Townhall Meetings
- Connections to other community services

These activities will teach you how to support children and adults with trauma, how to use self-care strategies, and how to provide trauma-sensitive services, such as mindfulness and relaxation practices.