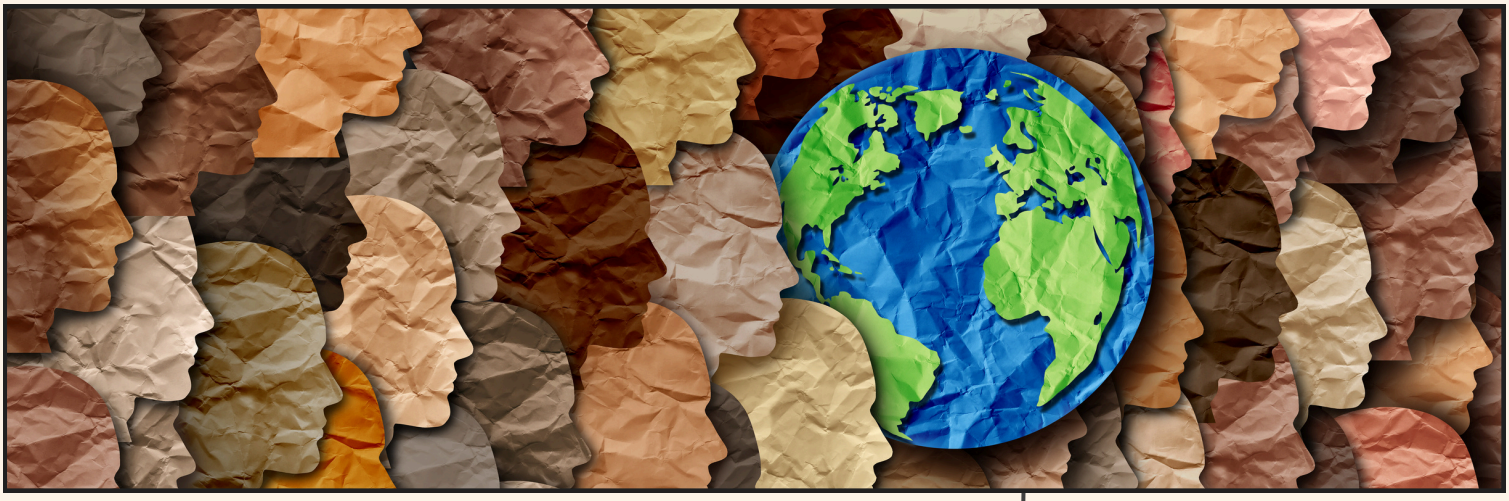
DREW CDC
Every Child's Success Strengthens Community

November 2026

Trauma-Informed Care

NEWSLETTER



Featured Trauma-Informed Care Principle

This Month's Focus: Cultural, Historical, & Gender Issues

Our cultural backgrounds, identities, and personal and collective histories shape how we experience the world and interact with others. Recognizing and respecting these differences is an important step in creating environments where everyone feels valued and supported. This trauma-informed care principle reminds us that our experiences are not all the same. We can put it into practice by reflecting on our own assumptions and biases, using inclusive language, and respecting cultural traditions and identities. In our everyday interactions, we can make an effort to understand others' perspectives by recognizing that what feels safe or supportive may look different for each person. Cultural humility is something we can all strive to practice. It reminds us that we do not need to know everything about every culture or experience, but we can approach others with an openness to listen and learn. By honoring the unique identities and histories people bring, we can help create environments where everyone feels respected and included so that we can all thrive. *See Tip & Tricks on Page 2.*



Available Services

Are you ready to build stronger, more connected relationships? Access our TIC services to take the first step toward creating lasting change and helping your team, your workplace, and your community thrive.

Trauma-Informed Care Trainings
Training on core trauma-informed topics and practical strategies for creating safe, supportive environments.

Coaching Support
Individual or group coaching to support the use of trauma-informed strategies and strengthen everyday practice.

Ongoing Consultation
Consultation for organizations seeking to embed TIC principles into their organizational culture.

Well-Being Workshops
Workshops focused on stress reduction and resilience to support staff well-being and sustainability.

Click here to inquire about these services.

Our Transformation

Connecting Through Cultural Celebrations

Cultural celebrations are a wonderful way to bring people together while recognizing the diverse identities and traditions that make up our community. At Drew CDC, our recent Hispanic Heritage Month celebration was a great example of this. Staff helped shape the event by sharing their ideas and participating in the program, including speaking about what their culture and heritage meant to them. We also had the opportunity to enjoy a variety of cultural foods, listen to music, and learn more about the traditions and histories of those we work alongside. Most importantly, we were able to come together and share in these moments. These celebrations are about more than recognizing a particular holiday or heritage month. They give us an opportunity to better understand the cultural backgrounds and experiences that shape who we are. Making space for staff to share their traditions and inviting others to participate can help strengthen relationships beyond our everyday work. The conversations and memories we create during these moments can stay with us long after the celebration, helping us build stronger connections with the people we work alongside.





Tips & Tricks

- For Parents & Caregivers:

Culture in the Classroom

- For Organizations & Teams:

Cultural Humility in the Workplace

Connect with Us

drewcdc.org

jortiz@drewcdc.org

323-249-2950 x 2810

1411 West 190th Street,
Suite 400 Gardena, CA 90248

Join the Movement Today!

From Principle to Practice

Building Cultural Humility Into the Workplace

Cultural humility is not just something we practice in our individual interactions. It can also be reflected in how organizations operate and make decisions. Building it into our everyday workplace practices means taking a closer look at whether we are considering the different backgrounds and needs of the people we work alongside. For example, when planning meetings or staff events, we can be mindful of cultural and religious observances and consider the needs of those participating. This might include offering food options that accommodate different dietary practices or providing information in other languages when needed. We can also invite staff to share their input when planning activities or making decisions that affect their teams. Rather than assuming what works best for everyone, taking the time to ask can help us understand needs we may not have considered. These efforts do not always require major changes or additional resources. Sometimes, building cultural humility into our workplace starts with recognizing that what works for one person may not work for everyone, and being willing to make adjustments along the way.