



We are trauma-informed

We connect before we correct

We stay curious not furious

We understand behaviour is

Communication

We believe in Co-regulation

That young people regulate off the adults in their lives

We think can't...not won't

We empathise when someone is

Flipping their lid

We believe in restoration – not punishment

We believe that relationships buffer stress

and build resilience

All of us need one another, always.

Resilience means, we see you, we hear you,

We are with you...