

## Trauma Sensitive Schools Workgroup

September 2, 2020  
4:00pm-5:30pm  
Virtually over Zoom

### Laura Wiggins opened meeting at 4:00pm

- Welcomed group
- Mindfulness Minute
- ADE Trauma trainings have openings and are fantastic

### Guest Speaker: Sandi Ciminor

- Presentation entitled "It's All About You"
- Educated group on self care and the importance of healthy emotional regulation

### New Business:

- Barbara Gorden shared that SWHD has a mindfulness moment-a pause in your day twice monthly for 30 minutes and it is open to the public- Register through [bgordon@swhd.org](mailto:bgordon@swhd.org) or the Arizona Workforce Registry
- Ericka- recommended the book: Kids These Days by Dr Jodi Carrington
- Vincent Lopez from Maricopa County Public Health Department announced that they will be sending out a grant addressing trauma in schools in October

### Laura Wiggins:

- Introduced virtual calming and connection corner which is open to public on their schools website. She explained what should be on it and encouraged other schools to institute
- [menta.com/virtual-calming-and-connection-corner/](http://menta.com/virtual-calming-and-connection-corner/)

**Next meeting is Wednesday, October 7, 2020 from 4:00pm-5:30pm virtually over Zoom.**

**Laura closed meeting at 5:12pm**