

Welcome to

From Zero to Thrive! Nurturing Resilience in Families from Pregnancy through Early Childhood

¡De Cero a Prosperar! Fomentar la resiliencia en las familias desde el embarazo hasta la primera infancia (Interpretación al español comenzará pronto)

THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...

Icebreaker Question
(answer in the chat)
What is your favorite road trip snack?

Survey & Certificate of Completion
Available following the training.

Connect with us!

VISIT CALTRIN.ORG & SCAN TO LEARN MORE



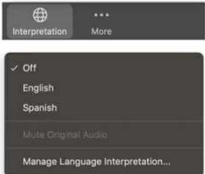

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SPANISH INTERPRETATION AVAILABLE! INTERPRETACIÓN AL ESPAÑOL DISPONIBLE!

Today's training will be in both English and Spanish.
La capacitación de hoy será en español y inglés.

Click the "Interpretation" icon in your toolbar;
select "Spanish."

Seleccione el icono "Interpretation" de las opciones al debajo de su pantalla. Elige la opción "Spanish."

2

Hi, We're CalTrin!

Who we are

- The California Training Institute
- Funded by the State of California, Dept. of Social Services, Office of Child Abuse Prevention (OCAP) to support child abuse prevention through professional development and extended learning opportunities.
- Designed for staff of family strengthening and child abuse prevention organizations in California, including Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child and family serving systems.

What we offer

- Live webinars & small group training
- Virtual, self-paced courses
- Job aids & other resources



This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CALTRIN and do not necessarily reflect the views of the California Department of Social Services.

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UPCOMING TRAININGS

mark your calendars!

Visit caltrin.org to view and register for upcoming webinars or workshops

- February 4** | Culturally Responsive Collaboration with Tribes
- February 13** | Debriefing and Mutual Support
- February 20** | Protective Factor of the Month: Parental Resilience
- February 21** | Learning to Talk about Anti-Asian Racism

4

Before We Begin...

DURING

- Access the notetaking slides now! The link can be found in the chat.
- Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.
- This presentation is being recorded for administrative purposes only. The recording will NOT be shared.
- External AI assistants are not allowed in CalTrin trainings due to California privacy laws.

AFTER

- Complete the survey at the end of this webinar to receive your Certificate of Attendance.
- A follow-up email will be sent to all participants within two days.

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From Zero to Thrive! Nurturing Resilience in Families from Pregnancy through Early Childhood

Presented by Kate Rosenblum, PhD, ABPP & Maria Muzik, MD, MSc

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CALTRIN
California Learning Institute

Speaker **SPOTLIGHT**

Kate Rosenblum, PhD, ABPP
Professor of Psychiatry, OB/Gyn, & Pediatrics and Co-Director of Zero to Thrive, University of Michigan

Maria Muzik, MD, MSc
Professor of Psychiatry, OB/Gyn, & Pediatrics and Co-Director of Zero to Thrive, University of Michigan

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From Zero to Thrive!
Nurturing Resilience in Families from Pregnancy through Early Childhood

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Co-Directors, Zero to Thrive

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Disclosures

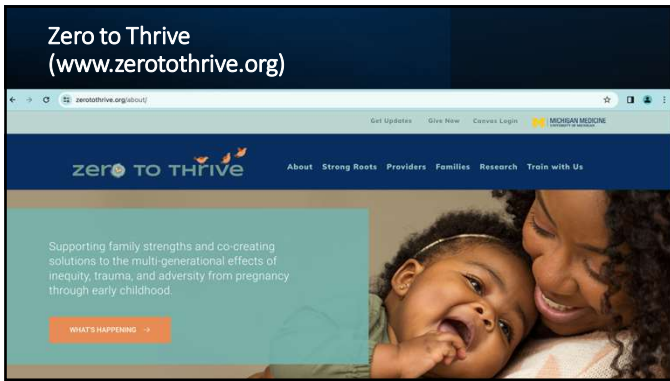
Katherine L. Rosenblum & Maria Muzik
1.23.25

We have no conflicts of interest for this presentation

Our Strong Roots and Zero to Thrive work has been funded by the National Institutes of Health (NIMH/NICHD/NIDA), Michigan Department of Health and Human Services Centers for Medicaid/Medicare, SAMHSA, Gerstacker Foundation, The Todd Ouida Foundation, Michigan Health Endowment Fund, Flinn Foundation

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Objectives

- Review the science behind resilience from conception through early childhood
- Illustrate how Strong Roots Protective Factors can help children, families, and communities flourish
- Share tools designed to support parents and caregivers in responding to their child's behavior
 - recognizing there is no "one right way" to parent
 - empowering parents and caregivers to create space for reflection and consider how they want to respond to their children's feelings and needs.
- Explore how this approach might also be used to understand and respond to parents', caregivers', and even your own, feelings and needs.

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Main Points



- Early relationships are foundational
- Strengthening Protective Factors and Nurturing Parent Reflectivity are key ways we promote early relational health
 - Research evidence
 - Practice based strategies
- Our own reflective capacity is also important, and we can be stewards of our capacity to do this work in a sustained way
- Share a few tools for your use from our Strong Roots™ programs



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Personal Reflection


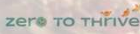
Take a moment to think about a tree that is special to you. This might be a tree from your childhood, a tree near your home, a tree you remember, or one you see every day.

Get comfortable, close your eyes, and take a moment to picture your tree.

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What are some of words that describe how thinking about and mentally “being with” your tree made you feel?




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Menti Poll

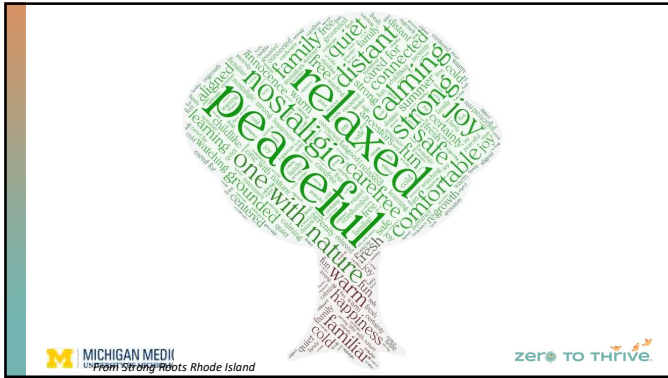
What are two words that describe how “being with” your tree made you feel?

2 options:

- Go to www.menti.com & enter code: 5458 2769
- OR
- Scan the QR code:

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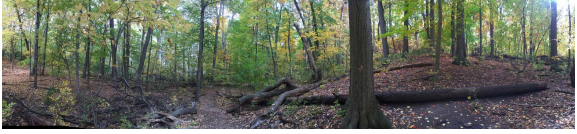
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“In the Western tradition there is a recognized hierarchy of beings, with, of course, the human being on top—the pinnacle of evolution, the darling of Creation—and the plants at the bottom. But in Native ways of knowing, human people are often referred to as ‘the younger brothers of Creation.’ We say that humans have the least experience with how to live and thus the most to learn—we must look to our teachers among the other species for guidance.”


— Robin Wall Kimmerer, Braiding Sweetgrass

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Learning from
Trees.....




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Trees are Diverse

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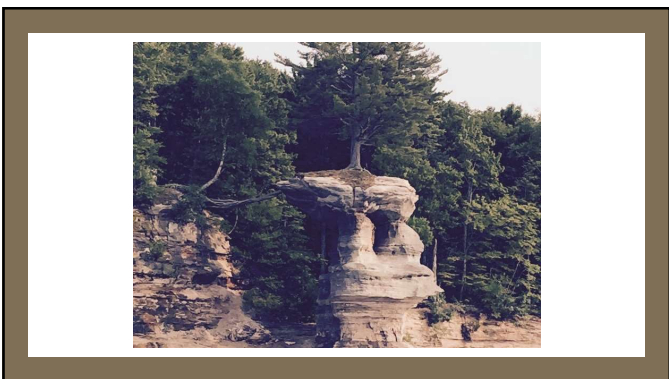
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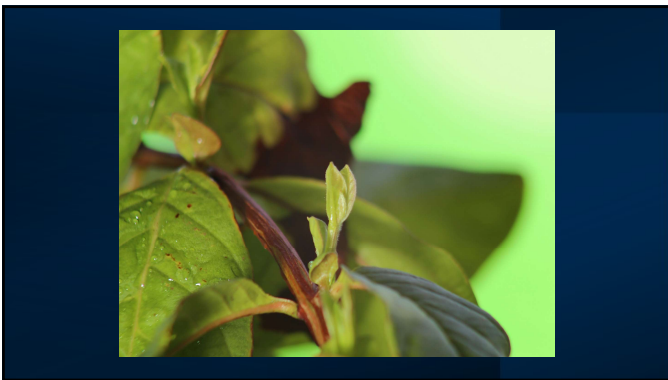


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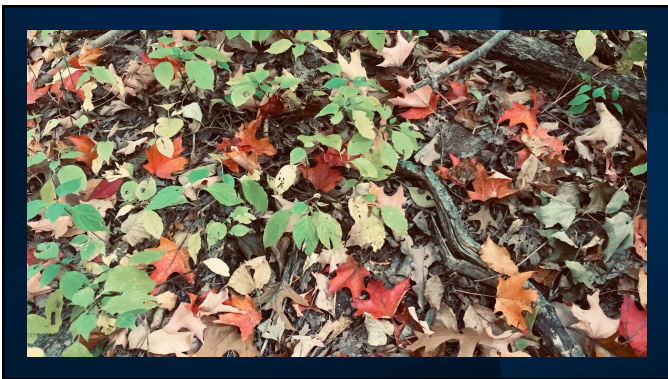
Trees Change Over Time



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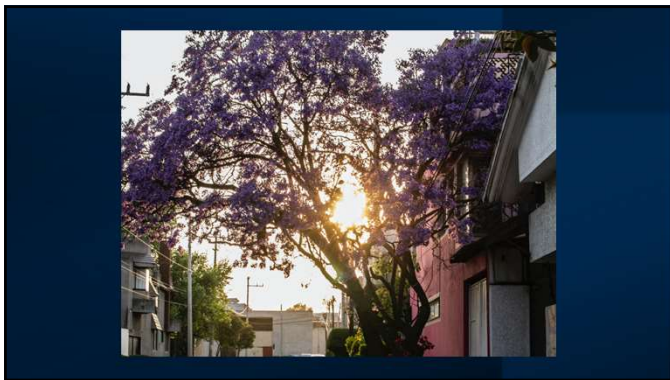


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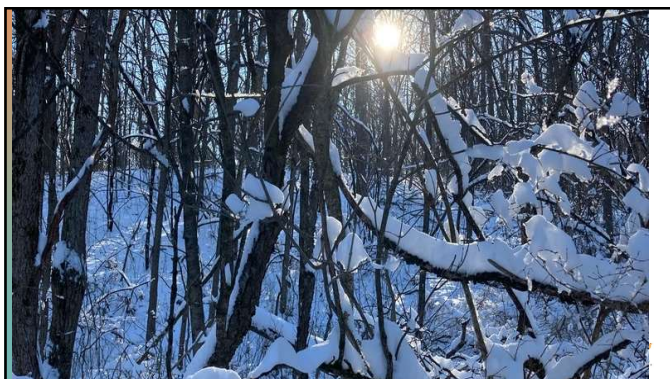
Trees are Resilient



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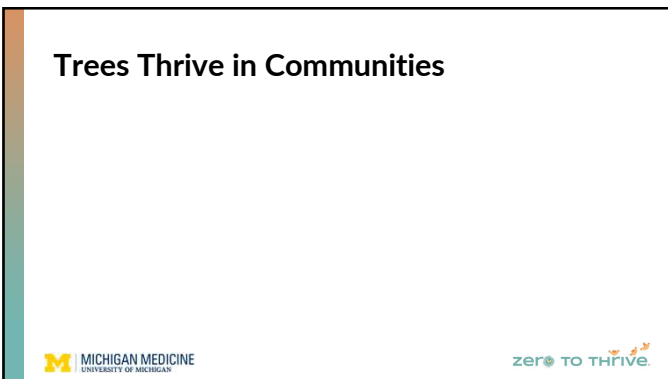
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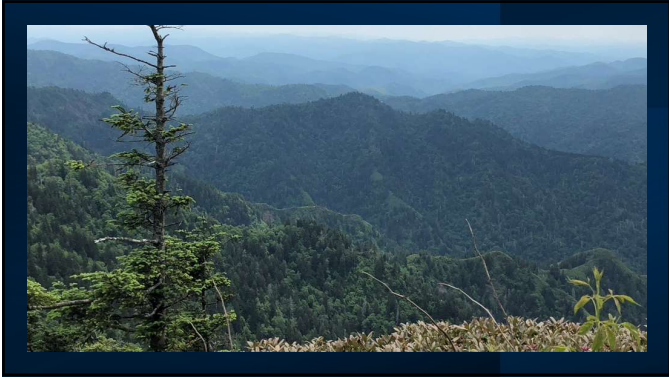
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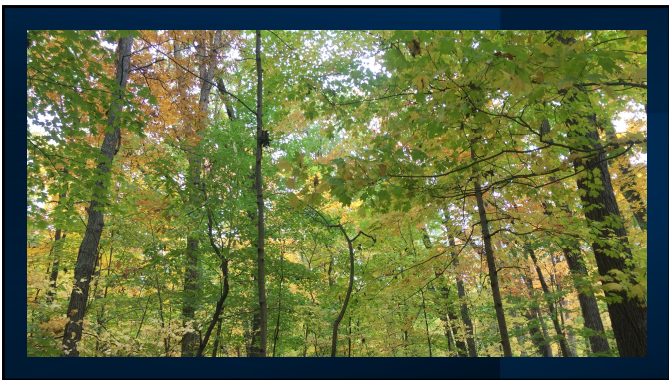
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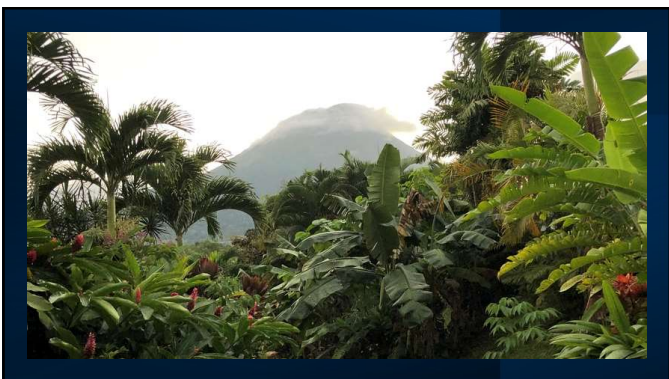
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A Shared Understanding

- Nurturing and responsive early relationships provide a critical foundation for ALL children
- Early relational health can help to protect us in the face of challenges
- We can nurture & support relational health
- Relationships are deeply culturally embedded and hold unique meaning for each partner, each relationship, each family

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Zero to Thrive

Promoting the health and resilience of families from pregnancy through early childhood with research, education, partnership, and service


WHAT'S HAPPENING >

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Guiding Principles



- Equity
- Multigenerational Social Justice
- Accessibility
- Anti-Racist Capacity for Resilience
- Reciprocity
- Diversity of Families
- Inherent Power and Wisdom of Families
- Science of Early Relational Health

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LESSON LEARNED

Adversities experienced by families and communities have multigenerational impacts... and yet there is reason to HOPE!

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PARENTS FACE

Interpersonal violence white

ADVERSITIES supremacy

mental health

ABUSE hopelessness stigma

past trauma stress mistrust in providers

bad provider experience poor social support

ACCESS problem poor no child care

anxiety ongoing trauma

fear shame

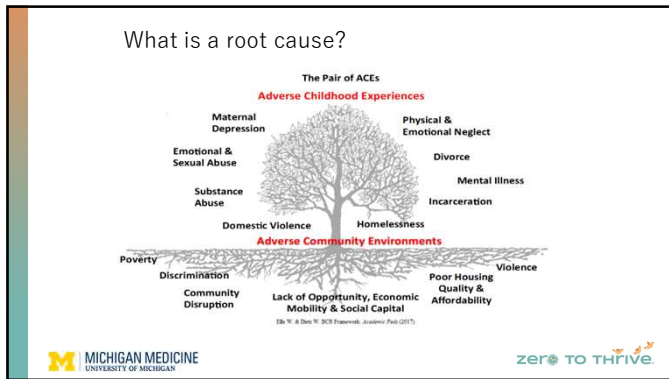
poverty ISOLATION **Childhood Trauma**

STRUCTURAL RACISM childhood violence

birth trauma Neighborhood violence **inequality**

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The Root Causes Go Deeper: Atrocious Cultural Experiences – the Original ACEs

Original A.C.E.s	Examples of Systemic Oppression/Inequities	Adverse Childhood Experiences
<ul style="list-style-type: none"> Genocide Slavery Colonization Forced family separations Sanctioned attacks on individuals' bodies Removal of property/land Denial of basic human rights 	<ul style="list-style-type: none"> Police violence Mass incarceration Disparities in preschool expulsion Inequities in access to jobs and housing Inequities in pay Inequities in the child welfare system 	<ul style="list-style-type: none"> Abuse Physical/Emotional/ Sexual Neglect Physical/Emotional Household dysfunction Mental Illness Incarcerated relative Mother treated violently Substance abuse Divorce

(from Ghosh Ippen, C.M., Handbook of Infant Mental Health 4th Ed, 2019)

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Living through the multiple pandemic(s)

Original Article

Impact of the 2020 pandemic of COVID-19 on Families with School-aged Children in the United States: Roles of Income Level and Race

Children's Mental Health Crisis Could Be a Next 'Wave' in the Pandemic

'We Are Living in a Racism Pandemic,' Says APA President

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AND WE ARE LIVING THROUGH ANOTHER EPIDEMIC

Almost 50% of US adults report feeling lonely

Young adults of childbearing age report the highest rates




Only 1 in 6 adults report feeling very socially connected to their community




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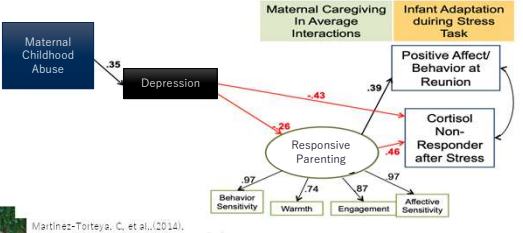
The good news:
In the work we all do.. the evidence confirms the potential for resilience and hope!

4 hopeful lessons from our own and others' research...

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#1. Even in the face of adversity prior experience is not destiny



Maternal Childhood Abuse → Depression (.35)

Depression → Maternal Caregiving (-.43)

Depression → Infant Adaptation (.39)

Depression → Responsive Parenting (-.28)

Responsive Parenting → Positive Affect/ Behavior at Reunion (.46)

Responsive Parenting → Cortisol Non-Responder after Stress (.97)

Behavior Sensitivity → Responsive Parenting (.97)

Warmth → Responsive Parenting (.74)



Engagement → Responsive Parenting (.87)

Affective Sensitivity → Responsive Parenting (.97)

Maternal Caregiving → Infant Adaptation

Infant Adaptation → Positive Affect/ Behavior at Reunion

Positive Affect/ Behavior at Reunion → Cortisol Non-Responder after Stress

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Positive early relational experiences predict adult mental and relational health ... and can lessen the impact of ACEs!

Research

JAMA Pediatrics | Original Investigation

Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample Associations Across Adverse Childhood Experiences Levels

Christina Bethell, PhD, MBA, MPH; Jennifer Jones, MSW; Narangereel Gombajav, MD, PhD; Jeff Linkenbach, EdD; Robert Sege, MD, PhD

IMPORTANCE Associations between adverse childhood experiences (ACEs) and risks for adult depression, poor mental health, and insufficient social and emotional support have been documented. Less is known about how positive childhood experiences (PCEs) co-occur with and may modulate the effect of ACEs on adult mental and relational health.

Supplemental content

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#2 Positive Relational Experiences are Protective

(and we can nurture relationships!)

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Research

JAMA Pediatrics | Original Investigation

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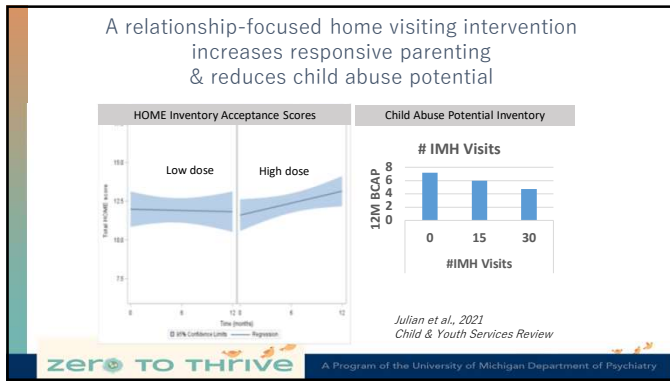
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Supplemental content

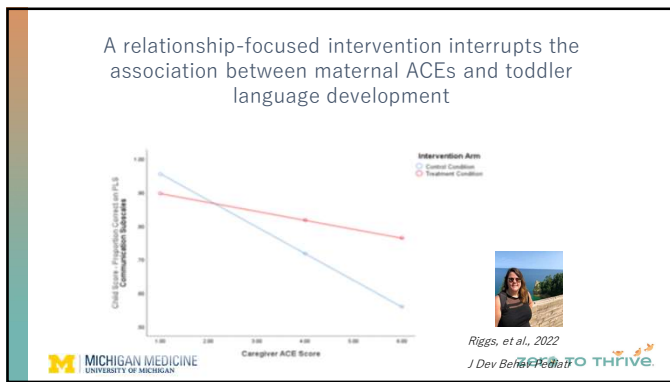
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#3. "good enough is truly good enough"

Science News from research organizations

'Good enough' parenting is good enough, study finds

Date: May 8, 2019
Source: Lehigh University
Summary: Caregivers need only 'get it right' 50 percent of the time when responding to babies' need for attachment

Share: [f](#) [t](#) [p](#) [in](#) [CHILD DEVELOPMENT](#)

RELATED TOPICS

Health & Medicine

Secure Base Provision: A New Approach to Examining Links Between Maternal Caregiving and Infant Attachment
Susan S. Woodhouse, Julie K. Trice, Allison B. Ingersoll, Julie Gerlsma

What really matters in caring for babies may be different

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When I'm feeling overwhelmed or stressed:

- I can't hear you.
- I can't think clearly.
- I can't respond to you.
- I need your help to calm me and feel safe.

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LESSONS LEARNED

Relationship-focused interventions can enhance parental reflectivity.

This, in turn, can lead to more responsive parent-child interactions

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What is Reflective Parenting?



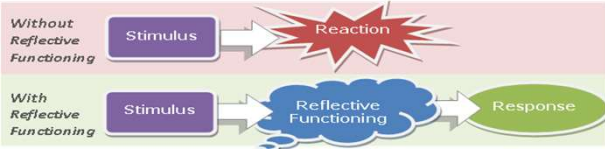
- Ability to perspective take
- Appreciation that mental states underlie behavior
- (e.g., feelings, thoughts, beliefs, desires) Ability to recognize feelings
- Can tolerate and complex or conflicting emotions
- Helps make behavior meaning-full

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Why the emphasis on parenting reflectivity?



Without Reflective Functioning: Stimulus → Reaction

With Reflective Functioning: Stimulus → Reflective Functioning → Response

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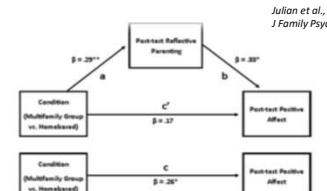
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Strong Roots group increases parent emotional responsiveness and positive affect

This effect was explained by increases in parental reflective functioning

Julian et al., 2018
J Family Psychology



Path Test: Reflective Parenting as a mediator of the effect of intervention Condition on posttest observed Positive Affect. * $p < .05$. ** $p < .01$.

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Relevance for families with children with autism and/or intellectual and developmental disabilities?

- Services are often directed towards children, yet parents experience high levels of (often unmet) needs
- Depression, loneliness, and stress are higher among parents of autistic children
- Social isolation is toxic for parents, families, and communities



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Not just "stress"... PTSD symptoms higher among mothers of children with ASD



Women's posttraumatic stress symptoms and autism spectrum disorder in their children

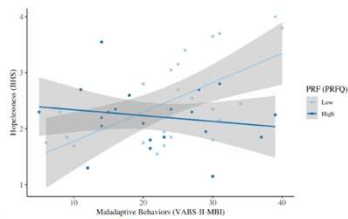
Andrea L. Roberts^{a,*}, Karestan C. Koenen^b, Kristen Lyall^{c,d}, Alberto Ascherio^{e,f}, Marc G. Weisskopf^g

^aDepartment of Social and Behavioral Sciences, Harvard School of Public Health, Boston, MA, United States
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^cDepartment of Nutrition, Harvard School of Public Health, United States
^dUniversity of California, Department of Public Health Sciences, Davis, CA, United States
^eDepartment of Epidemiology, Harvard School of Public Health, United States
^fDepartment of Environmental Health, Harvard School of Public Health, United States



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Parent hopelessness and children's maladaptive behaviors are linked... But- parents' reflectivity capacity can be protective



A Program of the University of Michigan Department of Psychiatry

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In other words, when we nurture parenting reflectivity, we may be able to enhance hope--even in the face of challenging behavioral needs.



What might be the implications?

zero TO THRIVE A Program of the University of Michigan Department of Psychiatry

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Parent reflective functioning and child attachment in the preschool years predicts less restrictive educational placements in middle and high school

Research in Autism Spectrum Disorders 8 (2014) 168–187

Contents lists available at ScienceDirect

Research in Autism Spectrum Disorders

ELSEVIER Journal homepage: <http://www.elsevier.com/locate/rasd>

Early attachment and maternal insightfulness predict educational placement of children with autism

Smadar Dolev^{a,*}, David Oppenheim^b, Nina Koren-Kariv^c, Nurit Yirmiya^d

^aEarly Childhood Department, Openm College of Education, P.O. Box 30000, Israel

^bThe Center for the Study of Child Development, Rubin Building, 100 The Khavari Avenue, Mount Carmel, Haifa 3490100, Israel

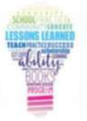
^cPsychological Department, Bar-Ilan University of Ramat Gan, Ramat Gan, Israel

^dPsychological Department, Bar-Ilan University of Ramat Gan, Ramat Gan, Israel

- Controlling for IQ and interactive competence

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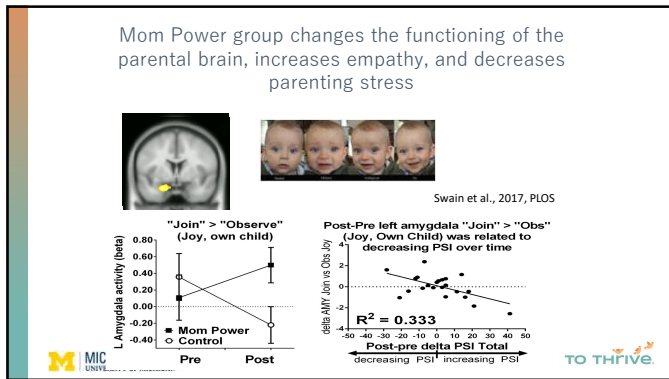


#4 It's never too late

Findings from Mom Power Brain Imaging Research

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Lessons Learned Summary

- Adversity can have multigenerational effects, but **early adversity is not destiny**
- Relationship-focused interventions can:
 - positively impact parenting
 - interrupt the link between parent ACES and child language
 - Interrupt the link between parent PTSD and early relational health
- Parenting reflectivity is an important mechanism to promote responsive parenting
- It's never too late – parental brain changes with brief intervention

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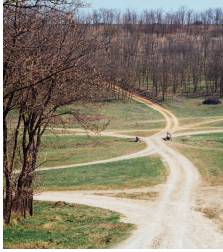
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Strong Roots Programs

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A Note.....

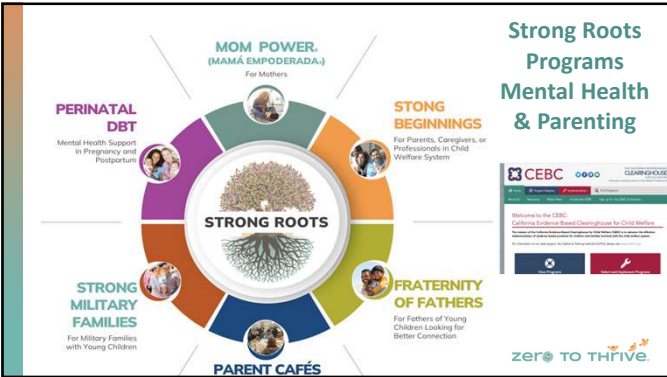


- Offering examples from our Strong Roots™ programs simply as illustrations
- We all take many paths towards nurturing, supporting, and strengthening secure attachments and relational health

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Strong Roots Programs Mental Health & Parenting



MOM POWER (MAMÁ EMPODERADA) For Mothers

PERINATAL DBT Mental Health Support in Pregnancy and Postpartum

STONG BEGINNINGS For Parents, Caregivers, or Professionals in Child Welfare System

FRATERNITY OF FATHERS For Fathers of Young Children Looking for Better Connection

PARENT CAFÉS


STRONG MILITARY FAMILIES For Military Families with Young Children

CEBC CLEARINGHOUSE

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Making Complex Models Accessible: Attachment Based Parenting



Enjoy | Help | Attend

Explore

Secure Base

Safe Haven

Connect

Nurture | Restore | Repair

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Why a Tree?

Trees are...

- Flexible
- Resilient
- Grow Strong
- Can Survive in Harsh Climates
- Can Survive Storms
- (but need to focus on the roots to survive)
- Can be Transplanted
- (but are more vulnerable and need extra nurturance and care)

CHAT: *What else?*



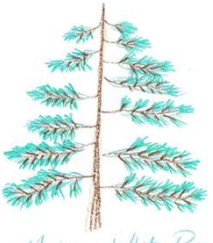

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I like eating the apples off it. I can draw them rilly good.






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Perfect 4 Bow Hunting Green all year!

Michigan White Pine

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Early Foundations

- Optimistic
- Keep trying in the face of challenges
- Self-esteem
- Self-soothe
- More independent
- Trusting
- Resilient
- Kind to others
- Cooperative
- School readiness
- Can ask for help
- Resist Peer Pressure
- Get along with others
- Better relationships
- Better able to problem solve

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Tending the Soil: Toxins

- Health care Inequities
- Racism/ Colonialism
- Economic Oppression
- Underfunded Schools
- Violence/Police Brutality

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Strengthening the Protective Buffers
Strong Relationships. Strong Families. Strong Communities

- Racism/ Colonialism
- Economic Oppression
- Underfunded Schools

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**Tending the Soil:
Nutrients**

- Health Equity
- Safe affordable housing
- Anti-racist
- Economic resources
- Social justice
- Safe water, healthy food
- Connection to cultural roots and community

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"I didn't have roots growing up in foster care and now I see how important connection is and I want to build roots with my baby"

**Relationships
Build Roots
& Sprout Hope**

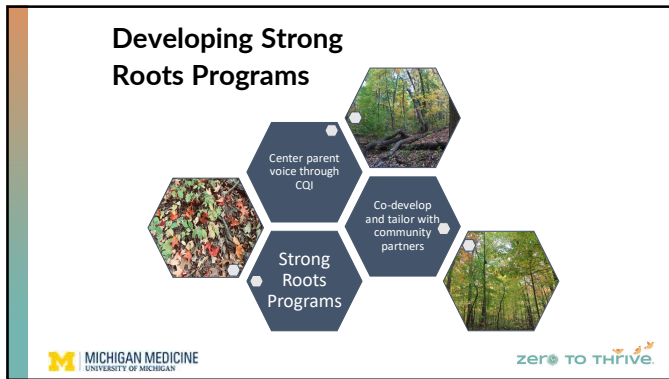
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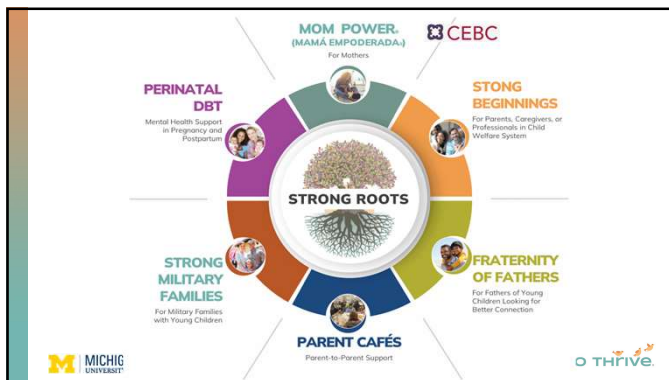
How do we support parents in using the Tree?

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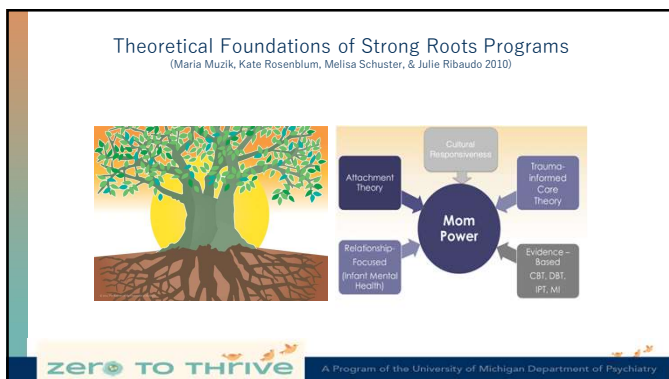
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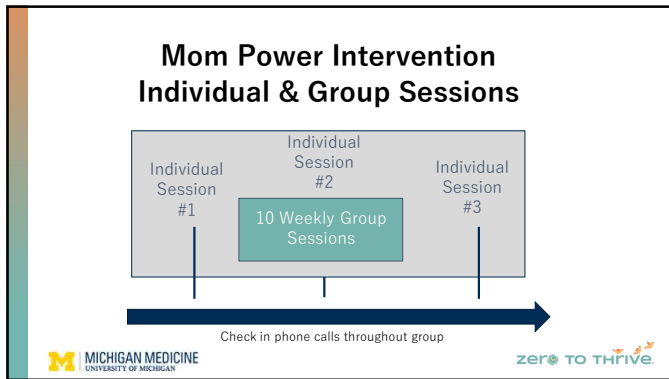
82



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Implementation Evidence

Annals of the New York Academy of Sciences (2017) 1411, 1-10
doi:10.1111/anys.12912

ORIGINAL ARTICLE

A community-based randomized controlled trial of Mom Power parenting intervention for mothers with interpersonal trauma histories and their young children

Katherine L. Brewin^{1,2}, Maria Walk^{1,2}, Diana M. Nuro^{1,2}, Emily A. Higgins^{1,2}, Nicole M. Miller^{1,2}, Rachel M. Wood^{1,2}, Nicole M. Scherer^{1,2}, Josh Wilcox^{1,2}

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MIXED-METHODS EVALUATION OF PARTICIPANT RECRUITMENT AND RETENTION IN THE MOM POWER PARENTING INTERVENTION PROGRAM

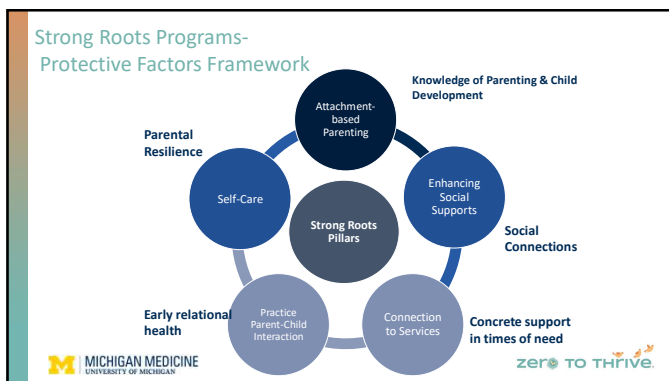
John F. Murray, Lindsey B. Taylor, James L. Green, Richard Kim, Emily Higgins, Melissa M. Schuster, Nicole Miller, John Wood, Katherine L. Brewin, Maria Walk

doi:10.1111/anys.12912 | Published online 11 October 2017 | <https://onlinelibrary.wiley.com/doi/10.1111/anys.12912> | 1-10 pages

- High level of satisfaction, engagement & retention
- In-person and virtual delivery
- Community-based RCT:
 - Reduced depression, anxiety, & trauma symptoms
 - More referrals & connection to community resources

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Strong Roots Protective Factors

Strong Roots Protective Factors	Strengthening Families Protective Factors
Caring for Myself	Parental Resilience
Connecting with my People	Social Connections
Enjoying with my Child	Social-Emotional Competence of Children/Communication
Supporting Feelings	Knowledge of Parenting & Child Development
Getting Help	Concrete Support in times of need

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Strong Roots Protective Factors

-  Caring for Myself
-  Connecting with My People
-  Enjoying with My Child
-  Getting Help
-  Supporting Feelings





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MOM POWER and STRONG ROOTS PROGRAMS STRENGTHEN PROTECTIVE FACTORS


- 

Caring for myself

Decrease symptoms of PTSD and Depression



Decrease in Parenting Stress
- 

Connecting with my people

Increased social support
- 


Enjoying with My Child


Improved bonding to baby


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MOM POWER and STRONG ROOTS PROGRAMS
STRENGTHEN PROTECTIVE FACTORS

Getting Help
 5x more likely to connect to community resources

Supporting Feeling
 Empathy brain circuits change

Strengthens multigenerational health

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Using the Tree to Nurture Strong Roots Protective Factors:

Supporting Feelings



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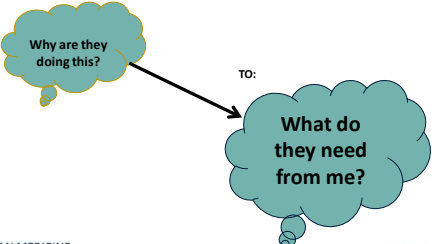
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Empathic Shift

FROM: Why are they doing this?

TO: What do they need from me?



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Why the emphasis on reflective capacity?

The diagram illustrates two paths from Stimulus to a final outcome. The top path, labeled 'Without Reflective Functioning', shows a purple box 'Stimulus' with an arrow pointing to a red starburst 'Reaction'. The bottom path, labeled 'With Reflective Functioning', shows a purple box 'Stimulus' with an arrow pointing to a blue cloud 'Reflective Functioning', which then has an arrow pointing to a green oval 'Response'.

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So how do we help parents “pause” and reflect?

A photograph showing a man with a beard looking down at a baby who is wearing a pink hat and lying in a white blanket.

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MOM POWER

The Wondering and Response Wheel

The diagram is a circle divided into four quadrants, each with a question and a label. Clockwise from top-left: 'Response' (orange) with 'How can I respond to meet my child's feelings and needs?'; 'Behavior' (purple) with 'What is my child doing? Is this a "branching out" or "building roots" moment?'; 'Feelings' (green) with 'What might my child be feeling?'; and 'Needs' (blue) with 'What might my child need from me? Enjoy, Help, Attend, Nurture, Restore, Repair'. Arrows connect the quadrants in a clockwise cycle.

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Wondering Response Wheel

- There is no one-size-fits-all way to respond!
- Allows for and supports the cultural embeddedness of relationships and parenting
- Helps empower parents to walk through a process that promotes reflective functioning
- The WRW does not end– it can go around and around
- You can process past events and “be detectives” together



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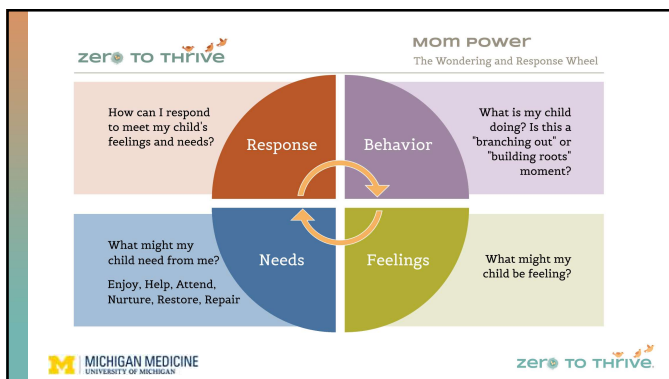


Let's Practice using the Wheel!

- What did you see the child do (behavior)?
- What do you think she was feeling?
- What might she need?
- How could you respond?




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Mom's Reflections After Mom Power
Listen for representation/reflexivity



"There are not so good moments where I really have to pay attention to her and her mood and, you know, what she's feeling when she's not able to, you know, articulate very well what she needs when she's having those moments. So that's when I just have to really like, you know, focus in on her and you know, just think about her as a person rather than as you know just my child as getting on my nerves. (laughs) So yeah, that's, you know, that's how I'm able to just, just think about, OK, think about your child really is. And, you know, she's not just being a brat right now. She just really needs some support right now. We just gotta figure out what kind."

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Videos access @ zerotothrive.org



The Wondering Response Wheel Video

The Wondering and Response Wheel can help parents respond to children's behavior and feelings in a way that addresses their needs and supports their positive emotional growth and development. Watch this brief video to learn how to use the Wondering Response Wheel!

In español: La Rueda de la Curiosidad y Respuesta

Wondering Response Wheel

Balanced Caregiving Video

Whether you are a parent, teacher, or another important adult, your child looks to you to figure out how to navigate the world. Zero To Thrive advocates for balanced caregiving, or responses to children that are warm and kind and strong and

zero TO THRIVE A Program of the University of Michigan Department of Psychiatry

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#5 (EXTRA!) The lessons we've learned about reflective function also apply to us...

"Do unto others as you would have others do unto others."

What about the baby?

What about the parent?

What about the soil?

What about YOU?

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Nurturing the Roots of those Who Nurture and Hold

Mind
Conscious thinking and reasoning, beliefs, emotions, and attitudes

Spirit
Connectedness, purpose, and meaning

Heart
Love, compassion, and empathy

Body
Health, nutrition, and rest

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[Our own protective factors]
Affirmation:
When I tend to myself, I am better able to care for others

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Reflective Supervision Is Related To Job Satisfaction & Burnout

INFANT MENTAL HEALTH JOURNAL

ARTICLE
Infant mental health home visiting therapists' reflective supervision self-efficacy in community practice settings

Sarah E. Shea, Jennifer M. Jester, Alissa C. Huth-Bocks, Deborah J. Weatherston, Maria Muzik, Katherine L. Rosenblum, The Michigan Collaborative for Infant Mental Health Research

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Wondering and Response Wheel: Responding to My Own Needs

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The Wondering and Response Wheel

Response
How can I respond compassionately to my feelings and needs? Who can I communicate these needs to?

Behavior
What am I doing in this moment? Observe. Describe with facts.

Needs
Is this a need for connection or exploration? What might I need to do for myself? To ask others for?

Feelings
What feelings can I name for myself?

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SELF-SOOTHING SKILLS TO REDUCE STRESS

SIGHT

TOUCH

SMELL

SOUND

TASTE

SELF-SOOTHING

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FIND A CALM MOMENT with Four Square Breathing

- Find a quiet place where you won't be distracted. Sit upright and get comfortable. Close your eyes.
- INHALE** through the nose to a count of four. Lungs should be completely full of air.
- HOLD** the air in your lungs for a count of four.
- EXHALE** through the mouth to a count of four. All of the air should be out of the lungs.
- HOLD** the lungs in an empty state for a count of four.
- Repeat for as long as you're able to, or for as long as you'd like.

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Summary



- Early relationships are foundational
- Strengthening protective factors can offer a critical buffer, and nurturing parent reflectivity is a key way we promote early relational health
 - Research evidence
 - Practice based strategies
- Our own reflective capacity is also important, and we can be stewards of our capacity to do this work in a sustained way
- Share a few tools for your use from our Strong Roots™ programs

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*Some reflection questions:
Bringing the Tree to your work*

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How do we support parents' exploration (branching out) while also meeting their needs for connection (strengthening roots)?



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111

How do we as individuals (or colleagues, or agencies) tend to our own roots as we support others?

Mind
Conscious thinking and reasoning, beliefs, emotions, and attitudes

Spirit
Connectedness, purpose, and meaning

Heart
Love, compassion, and empathy

Body
Health, nutrition, and rest

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CHAT:
What is a “seed” that you can continue to grow?

... a concept or idea that resonated and that you can take to your work?

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Questions, Reflections, & Takeaways

www.zerotothrive.org

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Thanks for joining us!

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- Survey and certificate in the chat now
- Follow-up email with resources within two days
- Watch your inbox for the next issue of *CalTrin Connect*



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