



# *Building on our strengths*



**YWCA**  
TORONTO

A TURNING POINT  
FOR WOMEN



**United Way**  
Greater Toronto

**TIDE**

Trauma  
Informed  
Development  
Education

# What does it mean to be “trauma-informed?”

Programs and organizations that are “trauma-informed”:

- Provide welcoming spaces
- Offer choice, voice, and control to everyone accessing services
- Work to create physical, emotional, and cultural safety for everyone, including staff
- Offer opportunities to learn wellness skills and coping skills for managing trauma responses
- Provide information about the effects of trauma and resources for learning more about trauma or how to access trauma treatment in the community
- Identify and work with people’s strengths rather than focusing on deficits and “difficult behavior”



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# Trauma-Informed Practice Principles

Trauma-Informed practice means integrating an understanding of past and current experiences of violence and trauma into all aspects of service delivery.

## Trauma Awareness

Do you understand the effects of trauma, the different types of trauma, and the impact on individuals, families and communities?

## Safety & Trustworthiness

How do you promote physical, emotional, spiritual, and cultural safety? How do you build trust?

## Choice, Collaboration & Connection

What kinds of choices do you offer girls and women? How do you promote a sense of control and responsibility?

## Strengths Based & Skill Building

How do you help people build skills? In what ways do you recognize people's strengths and resilience?



# *Safety, choice, collaboration*



**YWCA Toronto is committed to  
integrating trauma-informed  
practices and approaches throughout  
all aspects of our programs, services,  
and organizational culture.**

Contact/Website information



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**We believe that people are resilient  
and capable of healing from  
experiences of trauma and violence.**

Contact/Website information





# *Safety, choice, collaboration*



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# What is Trauma?

A traumatic event involves a single experience, or enduring repeated or multiple experiences, that overwhelms an person's ability to cope or integrate the ideas and emotions involved in that experience.

## Trauma can result from:

- Child abuse and neglect,
- Witnessing violence
- Accidents
- Natural disaster
- Sexual assault and rape
- War and refugee experiences
- Intergenerational events

## Trauma can impact:

- Development
- How people cope and survive
- Potential substance use
- Physical health
- Mental health
- Social connections
- Social involvement



# *Safety, choice, collaboration*



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# What is Trauma-Informed Practice?

Trauma-informed practice means recognizing that many people have experienced trauma and that this may affect their ability to access care and support.

**Trauma-informed practice integrates an understanding of the effects of trauma on individuals, families, and communities into all aspects of programs, services, and organizational culture.**

## **Core Trauma-informed Principles:**

- Trauma awareness
- Safety and trustworthiness
- Choice, collaboration, and connection
- Strengths based and skill building