

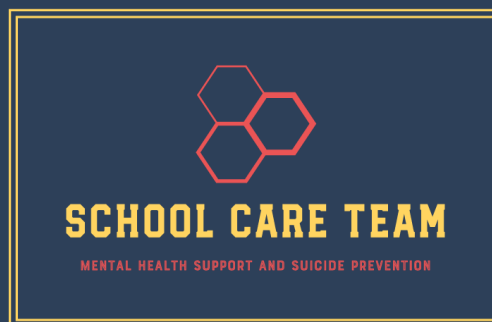


# At The School Care Team

we believe that everyone deserves to experience wellbeing, community, and hope. Our team excels at partnering with organizations to implement an impactful professional development strategy.

Our team also facilitates youth programs and customizes engaging training experiences based on organizations' identified needs.

Connect with us today!



[SCHOOLCARETEAM.ORG](https://SCHOOLCARETEAM.ORG)

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### **INCREASING HOPE**

Hope holds tremendous potential to positively impact our work, our relationships, and our future.

### **OWNING WELLBEING**

Wellbeing includes practices that celebrate what is going well, increase engagement, and help us respond to stress in helpful ways.

### **THE BRAIN & BEHAVIOR**

Positive and adverse childhood experiences and community environments affect individuals, family systems, and communities.

### **BRIDGING DIFFERENCES**

Everyone benefits when we connect meaningfully despite inevitable differences.

### **REGULATION STRATEGIES**

We can choose how we respond to external circumstances by reacting or regulating our environment.

### **DEVELOPING WELLNESS**

WRAP\* identifies five key concepts that increase our wellness: hope, personal responsibility, education, self-advocacy, and support.