



WHAT KIDS NEED

TIPS TO RECOVERY AFTER TRAUMA

- ➔ Spending time with calm, loving & reassuring adults
- ➔ Physical reassurance through hugs & embraces
- ➔ Information on where the people they love are at any given time
- ➔ Plans for ways to be safer in the future & talk about their feelings
- ➔ Opportunities to play, write, draw, color or express themselves
- ➔ Verbal reassurance that you & they will be okay
- ➔ Limited (pre-school)/Guided (school-age) exposure to news & adult conversations about the crises
- ➔ Quiet moments in the day



RECOVERY. RESILIENCE. REBUILDING.





With locations in Dickinson and Galveston, Family Service Center is here for you, your loved ones, and the children in your life.

Call us today to access FREE emotional support during this time of recovery.

GALVESTON OFFICE
2200 MARKET STREET, STE. 600
GALVESTON, TX 77550
409-762-8636

DICKINSON OFFICE
2401 TERMINI, SUITE C
DICKINSON, TX 77539

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OF GALVESTON COUNTY**



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