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| **Newsletter Contents*** **Supportive Ideas from Joyce Mills, Ph.D & Kathy Brown M.Ed.**
* **Comfort the Bear - A Coronavirus Support Story**
* **Creative Ideas to Support Parents and Children**
* **Creating Rainbows of Resilience in Life's Storms**
* **Trauma Recovery Using Brain Gym®**
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| **Supportive Ideas From the Experts** |

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| I have had the pleasure of knowing both Dr. Joyce Mills and Kathy Brown, M.Ed. for well over 20 years. It is with great joy I share their encouraging, knowledgeable, and helpful information during this time of change.To know more about Dr. Mills and her StoryPlay® Globel Creatiive Solutions for Positive Change click here.  [http://storyplayglobal.com/about-joyce-c-mills-ph-d/](https://Poweredbygenius.us7.list-manage.com/track/click?u=922f98d68cdd11c5ece10287d&id=e4d28cb70c&e=83aa53994c)To know more about Licensed Brain Gym® Instructor/Consultant Kathy Brown's   Transform you Ability - Awaken Potential programs click here: [https://centeredge.com/](https://Poweredbygenius.us7.list-manage.com/track/click?u=922f98d68cdd11c5ece10287d&id=05e1704074&e=83aa53994c)To schedule a private *Whitehawk Process*session for easily moving through this transition time email me below or telephone me at 602-252-3249. Special rates apply with this offer.  |

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| **Whitehawk Process for Easily Moving Through Transitions** |

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| **Comfort the Bear A Corona Virus Support Story**Dr. Joyce Mills"My name is *Comfort*and I am a very special bear. Now, you may be wondering just how I got my name. Well, this is the story that my mother told to me when I was a very small bear cub and now I’m going to tell it you. . . ."**Click the link for pdf. of the story** |

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| [**Comfort the Bear Story**](https://Poweredbygenius.us7.list-manage.com/track/click?u=922f98d68cdd11c5ece10287d&id=503fe78519&e=83aa53994c) |

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| **Creative Ideas to Support Parents and Children**Dr. Mills' Play Therapy Colleagues in China asked her for assistance in aiding their parents and children due to the epidemic. Here is a pdf. of what Dr. Mills suggested to them:* How parents can explain the epidemic to their children
* How to help a child release anxiety, stress and even fear
* How  to explain to children why they cannot go outside to play
* How to use this time to improve parent-child relationship

**Click the link for the  complete How To pdf** |

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| **Supporting Parents & Children** |

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| **Culture, Metaphors, and Play Therapy****Rainbows of Resilience in Life’s Storms** The U. S. Association for Play Therapy Journal article written by Dr. Mills  **Click here for article** |

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| **Culture, Metaphors, and Play Therapy** |

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| **Kathy Brown, M.Ed.*Educate Your Brain***Trauma Recovery  |

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| "I believe that if we address trauma immediately with tools such as those that Brain Gym® has to offer, it will not lodge as deeply in our mind-body system. Nothing can make the memory of traumatic events go away, but effective tools can help to lessen the shock to our mind-body system and support us in processing our grief. Memories dealt with this way can indeed lose their power to rule our thoughts and reactions, so we can eventually move back into a state of balance in our daily life. This is my wish for you, your loved ones, and especially the children with whom you may work."  |

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| Kathy is offering a  free download of Chapter 18,the "Trauma Recovery" chapter from*Educate Your Brain.***Click below for your pdf copy** |

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| [**Chapter 18 "Trauma Recovery"**](https://Poweredbygenius.us7.list-manage.com/track/click?u=922f98d68cdd11c5ece10287d&id=fa7a5194e5&e=83aa53994c) |

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| Stay WellFocus on the Joy in Life (It's still there)Enjoy the creative ways people are quarantiningPlay RestThis too will passStay in Touch-Cristina   |

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