

HEALING THROUGH SPORT TRAININGS

Sport is the perfect modality for healing and resilience building and has the opportunity to improve the mental health of the young people we are working with.

For too many young people, their daily lives are impacted by overwhelmingly stressful circumstances, like major poverty, food insecurity, homelessness, and community violence. Rates of adverse childhood experiences (ACEs), exposure to abuse, neglect or household dysfunction, are nearly universal in high-crime, low-income neighborhoods.

The events of the last few years– the immediate and long-term impact of a global pandemic as well as the renewed reckoning around our country’s dark history of racial injustice– only add to the host of things many young people regularly face. The epidemic of trauma threatens both the physical and mental health outcomes of youth.

The Center for Healing & Justice Through Sport (CHJS) will work with the coaches and stakeholders that the GVHP support to integrate trauma-informed/healing centered practices into all aspects of program and organizational operations.

Upcoming Trainings!

PART 1

SPORTS BASED YOUTH DEVELOPMENT TRAINING
WEDNESDAY, AUGUST 30TH | 9AM – 11AM | VIA ZOOM

Click **HERE** to register or use the QR code. →



PART 2

HEALING CENTERED SPORT TRAINING
WEDNESDAY, NOVEMBER 15TH | 9AM – 11AM | VIA ZOOM

Click **HERE** to register or use the QR code. →



For more information, please visit: *The GVHP Website*

