

# VITAL VILLAGE NETWORK CONNECTION MEETING RECAP

Thank you to our amazing co-hosts from Boston Alliance for Young Children's Social Emotional Wellness (BAYSCEW) of BPHC/ECMH, BMC Child & Adolescent Psychiatry, Child Witness to Violence Project and VVN community champions, Sunday Taylor and Cherose Walker!



## THE HEALING ARTS

EXAMPLES:



### TRY IT AT HOME: CAT-COW CHAIR YOGA

- |   |  |
|---|--|
| <b>COW</b>  | <b>CAT</b>   |
| <ul style="list-style-type: none"> <li>• Long inhale</li> <li>• Arch spine</li> <li>• Roll shoulder blades down back</li> </ul> | <ul style="list-style-type: none"> <li>• Long exhale</li> <li>• Round spine</li> <li>• Drop chin to chest</li> </ul> |

## HOW WE DEFINE MENTAL HEALTH AND WELLNESS

Free expression of emotions in accessible, safe, supportive spaces

Mental hygiene - taking time to cleanse, rinse, and pamper your mind, as you do for your body

Stability and balance

## PROMOTING RESILIENCE

- Independence & Sustainability
- Perserverence
- Mindsets for self and school
- School Readiness
- Healthy Development



The human capacity to face, overcome, and be strengthened by adversity

## PROTECTIVE FACTORS

### Systems Level

Physical & Mental Healthcare  
Schools



### Community Level

Support for families  
Access to resources  
Sense of belonging  
Cultural Supports



### Family Level

Material resources  
Relationships & Cultural connection  
Safety



### Individual Level

Good health  
Self-regulation  
Dreams & Goals



## ATTACHMENT



Encourage and respect children expressing emotion

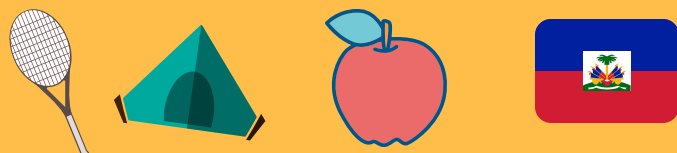
Let children know you're interested in their activities



## BONDING LOOKS DIFFERENT ACROSS CULTURES



## WHAT'S NEXT?



See the attached document for a list of events and opportunities shared at the meeting!

## STAY INVOLVED ON SOCIAL MEDIA!

@VitalVillageNetwork



## INNOVATIONS AND INSPIRATIONS

Monday, June 11th 6pm-8pm  
Boston Medical Center

Provided: Dinner, Child Care, Parking Validation