

# BREAKING THE CYCLE OF TRAUMA

## KOORI PARENTING: WHAT WORKS FOR US

### HISTORY AND EDUCATION

- Joining the dots
- Breaking the cycle of trauma



### SAFETY

- Safe people & places
- Safe conversations



### HEALTHY MIND

- Self-acceptance & reflection
- Developing a strong mind
- Managing trauma responses



## KOORI PARENTING: WHAT WORKS FOR US

### HEALTHY CULTURE & COMMUNITY

- Maintaining & renewing culture
- Dealing with community violence (lateral violence)



### HEALTHY EMOTIONS

- Positive emotional skills
- Managing negative emotions



### HEALTHY PARENTING

- Love & respect
- Responsible, not perfect
- Guiding & letting go



### HEALTHY ACTIONS

- Self-care
- Communication



Based on findings from the Trauma Education Project  
Parenting Yarning Circles



For more information, or to request a booklet or postcards containing further parenting strategies identified by Koori parents during the yarning circles, please call the VAHS Family Counselling Service on (03) 9403 3300



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