

# OUR TARGETS

01	<b>Parents</b>	<ul style="list-style-type: none"><li>• Community building through events and support groups</li><li>• Create accessible trauma care to parents and/or their children</li><li>• Stigma reduction for parents dealing with mental health issues</li></ul>
02	<b>Teachers</b>	<ul style="list-style-type: none"><li>• Educational partnerships</li><li>• Professional development: empower teachers to create safe &amp; nurturing environments for students</li><li>• Help shape inclusive, supportive, and stigma-free learning environments</li></ul>
03	<b>White-led spaces</b>	<ul style="list-style-type: none"><li>• Promote equity, diversity and inclusivity</li><li>• Allow opportunities for deep self-reflection for white bodies, exploring discomfort in conversations about race</li><li>• Raise awareness about systemic disparities &amp; fostering a more inclusive approach within white-led spaces.</li></ul>
04	<b>Frontline workers</b>	<ul style="list-style-type: none"><li>• Trauma-informed services &amp; resources for those dealing with high-stress environments &amp; potential trauma exposure</li><li>• Community support: offer a supportive network &amp; resources to manage the impact of their roles</li><li>• Mental health awareness</li></ul>
05	<b>Community agencies</b>	<ul style="list-style-type: none"><li>• Collaborative partnerships</li><li>• Our educational resources &amp; trauma-informed training can enrich the capabilities of community agencies in addressing mental health issues within their communities</li></ul>
06	<b>Professionals in mental health field</b>	<ul style="list-style-type: none"><li>• Offering training &amp; education that can benefit mental healthcare professionals seeking to incorporate trauma-informed &amp; embodiment approaches into their practices</li><li>• Share our somatic expertise, helping to enhance their client outcomes</li><li>• Community integration &amp; collaborative partnerships</li></ul>

## 01. PARENTS

- **Community Building:** TEAO offers community-building events and support groups that can benefit parents seeking mental health support and resources.
- **Accessible Trauma Care:** Parents who have experienced trauma or have children dealing with mental health challenges can access TEAO's trauma-informed services and educational resources, promoting mental wellness for families.
- **Stigma Reduction:** TEAO's efforts to break stigmas and create safe, judgment-free spaces align with the needs of parents looking for support and understanding in dealing with mental health issues.

## 02. TEACHERS

- **Educational Partnerships:** TEAO collaborates with educational institutions to build trauma-informed communities, making it a valuable resource for teachers striving to support students dealing with trauma or mental health challenges.
- **Professional Development:** TEAO offers trauma-informed training and resources that can empower teachers to create safe and nurturing environments for students, fostering better mental health outcomes.
- **Community Integration:** TEAO's emphasis on community care and awareness-building aligns with educators' roles in shaping inclusive, supportive, and stigma-free learning environments.

## 03. WHITE-LED SPACES

- **Equity and Inclusivity:** TEAO's focus on addressing racialized and oppressed communities and collaborating with white-led spaces helps promote equity and inclusivity in mental health care, raising awareness about systemic disparities and fostering a more inclusive approach within these spaces.
- **Community Engagement:** Partnering with white-led spaces allows TEAO to foster greater understanding and support for marginalized populations. This collaboration facilitates the sharing of resources, knowledge, and experiences, enriching both TEAO's offerings and the efforts of white-led spaces.

### 03. WHITE-LED SPACES (CONTINUED)

- **Stigma Reduction:** By working closely with white-led spaces, TEAO contributes to the reduction of stigmas around mental health and trauma care, benefiting the broader community. It allows for a collective effort in creating welcoming, judgment-free environments where all individuals, regardless of their background, can access essential mental health support and resources.
- **Systemic Change:** Collaboration with white-led spaces enables TEAO to influence systemic change by advocating for more inclusive, equitable, and accessible mental health care systems. This alliance encourages deep self-reflection and introspection on racial issues, promoting greater cultural competence amongst white bodies and elevating care standards. This alignment of efforts can lead to lasting improvements in mental health care for all communities.

### 04. FRONTLINE WORKERS

- **Trauma-Informed Care:** TEAO Canada provides trauma-informed services and resources that are crucial for frontline workers dealing with high-stress environments and potential repetitive trauma exposure.
- **Community Support:** TEAO's community-building events and group processing circles offer frontline workers a supportive network and resources to manage the impact of their roles on mental health.
- **Mental Health Awareness:** TEAO's efforts to raise mental health awareness and provide accessible trauma care align with the mental well-being needs of frontline workers who often face challenging situations.

### 05. COMMUNITY AGENCIES

- **Collaborative Partnerships:** TEAO collaborates with community agencies of all backgrounds to increase accessibility to trauma care services, making it a valuable partner for organizations seeking to enhance their mental health support offerings.
- **Educational Resources:** TEAO's educational resources and trauma-informed training can enrich the capabilities of community agencies in addressing mental health issues within their communities.

## 05. COMMUNITY AGENCIES (CONTINUED)

- **Amplify Voices:** Through partnerships with diverse community agencies who share TEAO's mission to uplift marginalized communities, we can join forces to amplify the voices of those often unheard, striving for greater equity and inclusivity.
- **Stigma Reduction:** TEAO's mission to break stigmas and create safe, judgment-free spaces aligns with the objectives of community agencies dedicated to supporting marginalized populations.

## 06. PROFESSIONALS IN THE MENTAL HEALTH CARE FIELD

- **Somatic Expertise:** TEAO specializes in somatic work, providing mental health professionals with a valuable resource for expanding their therapeutic approaches and enhancing client outcomes.
- **Training and Education:** TEAO offers training and educational programs that can benefit mental health care professionals seeking to incorporate trauma-informed and embodiment approaches into their practice.
- **Community Integration:** Mental health professionals can collaborate with TEAO to build inclusive and supportive mental health communities, working together to address systemic challenges and promote mental wellness.