

HOPE with Alyssa



Acknowledge

Adverse Childhood Experiences (ACEs)

Encourage

Positive Childhood Experiences (PCEs)

Promote

Healthy Outcomes from Positive Experiences (HOPE)



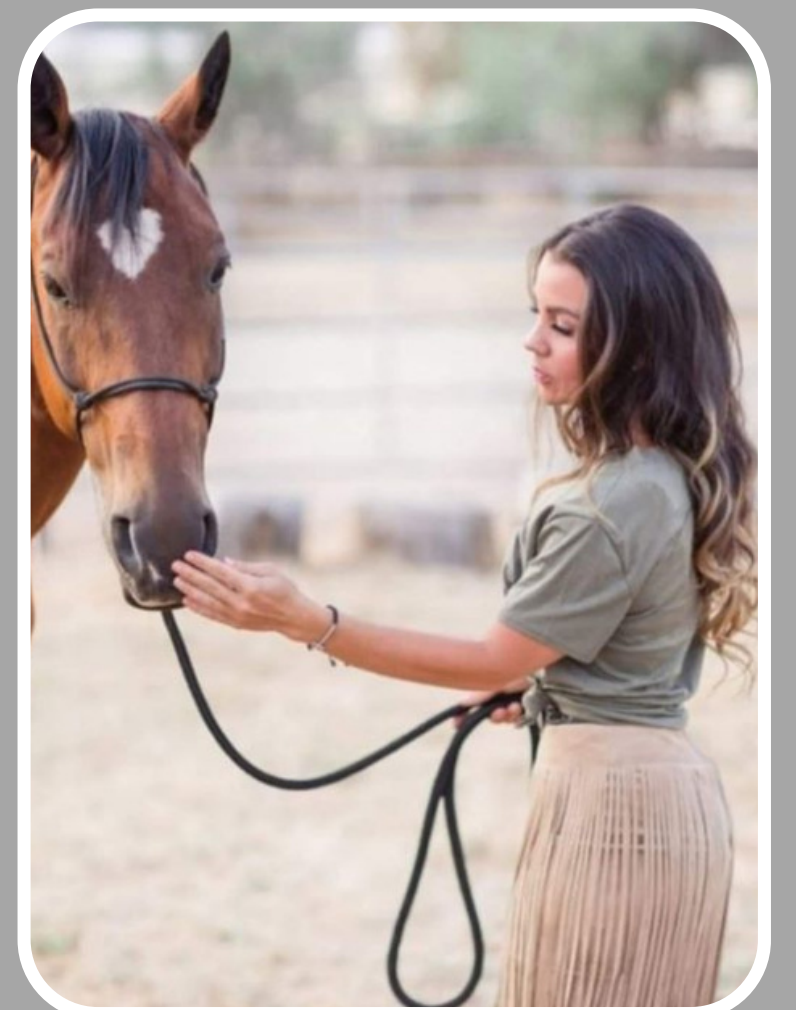
Certified HOPE Facilitator, Alyssa, for many years has provided direct service to children, youth, and parents/caregivers enduring crisis. In addition, she unashamedly shares her lived experience from adversity to stability. She believes that if pain and trauma can be passed down through generations, then so can healing. She is a passionate and electric encourager of spreading HOPE. She fully believes in the ability to shift the mindset and perspective from the negative to the positive amid adversity. She is fascinated with neuroplasticity and renewing the mind to improve child and adult mental health.

Trainings provided to child, youth, and family serving providers, county/state/court departments, parents, non-profit agencies, churches, faith-based organizations, educators, and more!

\$1,500.00 per session. Fees include: email & phone correspondence/teleconferencing, development and preparation of sessions, and a passionately skilled HOPE Trainer to facilitate each session. Travel expenses subject to location.



HOPE – Healthy Outcomes from Positive Experiences represents a paradigm shift in how we see and talk about the positive experiences that support children’s growth and development into healthy, resilient adults. HOPE, grounded in science that demonstrates the formative role of positive experiences in human development, seeks to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities. Positive experiences can ease toxic stress and help children and youth grow into more resilient, healthier adults. HOPE identifies ways that our communities and systems of care can better ensure that all children have more positive experiences and that all families have support to nurture and celebrate their strengths.



Virtual (Zoom) and in-person trainings provided. For training opportunities please contact

Alyssa Burke ~ HOPE Facilitator

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