

**Union Yoga + Wellness
Community Resource Document**

Basic trauma protocol for Union teachers and staff

Allow the Feelings

"What do you need?"

- To be left alone so I can calm myself down (offer back couch, change area) •
 - I don't know (ask if they want to be alone or kept company) •
 - shake/jump/cough/punch couch pillows etc •
 - Help getting a ride home •

If folks just want to be left alone, jump to **what's next as best you can. They may not want ANY help/support but try to ensure they have a safe way to travel OR offer them the back area or a change area (if possible) to calm down/rest until they feel safe to travel**

"Do You Need to Talk?" if so, Listen

"I hear you"

"That must be really hard"

"Do you have others you can speak to/work with around this?"

** Stay away from "I understand", even if you are working with your own trauma**

Offer

"Can we offer you some resources to keep you supported outside this space?"

What's Next

"Where are you going next?"

"Do you have a safe way of travelling?"

"What's your plan for the rest of the day?"

What might a triggered person look like in or out of class?

Any of the below might be a trigger response, and none of the above could indicate triggering. Every human is unique but these are some rough ideas what you might expect

- Snapping themselves away from your hand moving towards them or a hug
"WHAT ARE YOU DOING"
- From eyes closed–gasping, while suddenly opening their eyes
"WHERE DID YOU COME FROM"
- Dissociated–can't figure out where things (especially their body parts) are
"MY MIND CAN'T HANDLE THIS, IT'S GONE EVEN THOUGH MY BODY'S HERE"
- Not closing eyes
"I DON'T KNOW WHAT'S DOING ON AND/OR DON'T TRUST THAT IT'S SAFE TO CLOSE MY EYES. I WON'T SEE WHAT'S COMING"
- Not lying down for savasana
"I CAN'T SEE CLEARLY IF I LIE DOWN, THAT'S NOT SAFE"
- Not doing postures / leaving the room
"THAT SOUNDS UNSAFE. I DON'T TRUSTWHAT WILL HAPPEN IF I DO THAT"
- Lagging behind in class–waiting for everyone else to leave to avoid contact
"LEAVE ME ALONE. ONLY I KNOW HOW TO KEEP MYSELF SAFE"
- Avoiding eye contact and dodging questions
"GET ME OUT OF HERE"
- Fighting back tears
"I CAN'T HANDLE THIS"
- Angry–defense mechanism
"WHO DO YOU THINK YOU ARE?"
- Depression
"WHAT'S THE POINT?"

What might trigger a student?

There are as many triggers as there are people on the planet. But some common things to be mindful of are listed below. Not all of these things are controllable, and sometimes you'll still do them, but be mindful of your effect on other people as a authority figure at the front of a room or as someone in charge of a space

- Unexpected or non-consensual touch – even touching an arm or a hug
- Vulnerable yoga postures – standing forward bends, happy baby, 'heart openers'
- Deep breathing – need to feel safe to slow breath
- Relaxing the jaw/shoulders/throat // Being told to relax (with lack of safety, body might need to constantly be in a state of hyperarousal so the person can escape the situation FAST)
- Moving around the room as you teach – surprising people where they don't expect you to be)
- Mirrors/windows – feeling watched
- Feeling trapped – not having a way out of the studio/room–mat right in front of door
- Lack of choice – in postures, need to rest etc
- Feeling judged – for body shape, ability, etc

Toronto Health and Trauma Resources

Free Health Services (except where noted)

- **Davenport Perth Community Health Centre**

Catchment (area you need to live in to receive services)

-Bloor to St Clair, Ossington to Dundas

www.dpnchc.com

1900 Davenport Rd. Toronto, Ontario, M6N 1B7

416-656-8025

info@dpnchc.ca

- Primary Health Care – Doctors, Nurse Practitioners, and Nurses
- Physiotherapy
- Pharmacy on site
- Dialectical Behavioural Therapy (DBT) groups
- Harm Reduction
- Group Counselling
- Individual Counselling
- Addiction Counselling
- Exercise groups
- Kids and Youth Camps
- Seniors Fitness, Arts, Training, and Social Programs
- Adult Newcomer, Literacy, Crisis Intervention, and Drop-In programs
- Parent and Baby/Early Years Programs

Between ages 13-29 EdgeWest HealthCare for Youth

Catchment (area you need to live in to receive services)

-Bloor to Eglinton, Islington to Bathurst

-youth with mobility disabilities regardless of where they live

www.edgewest.ca

1900 Davenport Rd. Toronto, Ontario, M6N 1B7

416-652-4363

- Youth-positive Primary Health Team health care
- Mental health support and referrals
- Sex-positive health information and services
- Low cost (or free!) birth control

- STI testing
- Legal Aid
- Youth Employment Services

• **Four Villages Community Health Centre**

Catchment (area you need to live in to receive services)

- St Clair to lake, Humber River to Roncesvalles

www.4villageschc.ca

1700 Bloor Street West, Toronto, ON M6P 4C3

(416) 604-3361

3446 Dundas Street West, Toronto, ON M6S 2S1

(416) 604-3362

- Primary Health Care – Doctors, Nurse Practitioners (wait list)
- Chiropractic (waitlist)
- Physiotherapy (waitlist)
- Dietician (waitlist)
- Occupational Therapy (waitlist)
- Group Programs–seniors, adults, newcomers, youth, parents with children, food security, mental health promotion, fitness promotion etc.

• **Queen West Community Health Centre**

Catchment (area you need to live in to receive services)

- For OHIP insured clients: Dovercourt-University, College-Lake
- For non-insured (non-status) clients: Dovercourt-Yonge, Dupont-Lake

www.ctchc.com

Info@ctchc.com

168 Bathurst St Toronto ON M5V 2R4

416-703-8482

- Primary Health Care – Doctors, Nurse Practitioners, and Nurses
- Naturopath (free but on 4-6wk waiting list)
- Group Counselling
- Cognitive Behavioural Therapy (CBT) groups
- Individual Counselling
- Indigenous Wellness
- Diabetes Education Program
- HIV testing/screening
- Harm Reduction

- Chiropody (free for seniors, individuals with diabetes in the cachement, homeless, and underhoused)
- Dental Services (reduced fees)
- Income Tax clinic (free for income less than \$30,000)

- **Parkdale Community Health Centre**

- Catchment (area you need to live in to receive services)

- Bloor to Lake, Parkside to Ossington

- www.pchc.on.ca

- 1229 Queen Street West, Toronto, Ontario, Canada, M6K 1L2

- 416.537.2455

- 27 Roncesvalles Avenue, Suite 301 (WC) & Suite 503 (5P's), Toronto, Ontario, Canada, M6R 3B2

- 416.537.8222

- Primary Health Care – Doctors, Nurse Practitioners, and Nurses
 - Chiropody
 - Dietician
 - Naturopathy
 - Physiotherapy
 - Dentistry
 - Psychiatry
 - Individual and Group Counselling and Therapy
 - Harm Reduction
 - HIV Testing
 - Women's Connection Program–trauma therapy, postpartum mood disorders groups
 - 5P's program–Baby and Child Groups and Parent Support to age 6

- **The Anne Johnston Health Station**

- Catchment (area you need to live in to receive services)

- Highway 401 to Bloor, Bathurst to Bayview

- www.ajhs.ca

- 2398 Yonge St Toronto ON M4P 2H4

- 416-486-8666

- info@ajhs.ca

- Primary Health Care – Doctors, Nurse Practitioners, and Nurses

- Chiropody (free with waitlist)
- Dietician
- Occupational Therapy
- Physiotherapy
- Seniors exercise, social, and arts groups
- Individual Counselling
- Youth cooking and intergenerational learning groups
- Physical Disability peer support, health promotion, exercise, and sexual health
- Diabetes Education

•**Sherbourne Health Centre**

-for LGBTQ+, Homeless, underhoused, newcomers

www.sherbourne.on.ca

333 Sherbourne Street Toronto, Ontario M5A 2S5

416-324-4180

info@sherbourne.on.ca

- Primary Health Care – Doctors, Nurse Practitioners, and Nurses
- LGBTQ+ healthcare
- Individual and Group Counselling
- LGBTQ+ Youth Health and Mentoring (through Supporting Our Youth “SOY”)
- LGBTQ+ Parenting Network
- Newcomer Health
- Diabetes Education and Support
- Hep C Support
- HIV Support

• **Artists Health Centre**

www.artistshealth.com

Toronto Western Hospital– 399 Bathurst Street 3rd floor West Wing

Toronto, ON M5T 2S8

(416) 603-5263

- Nurse Practitioner
- Single Session Psychotherapy
- Clinical Nutrition
- Body/Mind/Spirit Practicum

- **Skylark Children, Youth & Families**

www.skylarkyouth.org

255-40 Orchard View Blvd Toronto ON M4R 1B9

65 Wellesley St E #500

416-482-0081

info@skylarkyouth.org

- individual and family counselling
- Day Treatment Programs
- Drug education
- mental health walk-in clinic
- Youth residences

- **Women's Health in Women's Hands**

- health services for racialized women in Toronto

<http://www.whiwh.com/mental-health-services>

- Primary Health Care – Doctors, Nurse Practitioners, and Nurses
 - Diabetes education
 - Foot care (orthotics for fees)
 - Pre and Postnatal care
 - Reproductive Healthcare (birth control for fees)
 - Individual therapy
 - Group therapy and workshops (CBT, Solution Focused, Mindfulness, Arts, Expressive)
 - HIV/AIDS education
 - Food access

Abuse Resources and Support

- **Barbara Schlifer Commemorative Clinic**

- for women who have experienced violence/abuse

- www.schliferclinic.com

- 416-323-9149

- info@schliferclinic.com

- Individual, Group, and Art Counselling

- Legal Support

- Transitional Housing Support

- **Sexual Assault/Domestic Violence Care Centre @ Women's College Hospital**

- care and support for survivors of sexual assault, domestic violence, and child abuse

- www.sadvreatmentcentres.ca

- 416-323-7327

- info@sadvreatmentcentres.ca

- Acute care (crisis intervention, documentation of assault, testing and treatment for STI's, emergency contraceptives, forensic evidence collection, referrals to supports)

- Follow up care (check in on emotional and physical wellbeing, answer questions, reassess safety plans, rephotograph injuries, follow up on tests etc)

Free Therapy : Trauma Specific : Women

- **Women's College Hospital - WRAP (Women Recovering from Abuse) Program**

- www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program

- 416-323-6230

- intensive group therapy and accompanying individual therapy. Self referred.

- **Parkdale Community Health Centre-Women's Connection Program**

- www.pchc.on.ca/programs-services/womens-connection-program/counsellingandeducation

416-537-8222

-Individual and group counselling

• **Barbara Schliffer Commemorative Clinic**

www.schlifferclinic.com/services/counselling

416-323-9149

-Individual and group counselling

-Transitional housing and support

Free Therapy : Trauma Specific : Men

• **Sherbourne Health Centre – TREE Program**

<http://sherbourne.on.ca/mental-health-services/counselling-services>

416-324-4100

-Priority given to LGBTQ Black, Indigenous, and POC

-6 month program

Free Therapy : Trauma Specific : All Genders

• **Women's College Hospital**

www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program

need primary healthcare provider referral

-Individual therapy, 26 sessions, accessed only once

-One week groups

-Couples therapy

Phone Support

- **In an emergency call 911.**

- **Assaulted Women's Helpline**

416-863-0511 // 1-866-863-0511 // www.awhl.org

Provides 24/7 crisis counselling over the phone to women in 154 languages.
Use of a TTY line also available for deaf women.

- **Toronto Rape Crisis Centre**

416-597-8808 // www.trccmwar.ca // crisis@trccmwar.ca

Provides 24/7 crisis counselling over the phone. Counsellors also answer emails. Monday-Friday 9 a.m.-5 p.m. Open to all genders.

- **Toronto Distress Centres**

Crisis intervention, suicide prevention, intervention and postvention
Suicide and Homicide Support Groups and Therapy

416-408-4357 // 741741 – Text chat // www.torontodistresscentre.com/ontx

- **Telephone Crisis Services**

Central Toronto — Gerstein Centre: 416-929-5200 www.gersteincentre.org

Scarborough: 416-289-2434

Etobicoke, North York and East York: 416-498-0043

Aboriginal Crisis Management Program: 416-891-8606

Peel Region: 905-278-9036

York Region: 310-COPE (2673) from 905 area only

Legal Aid

- **Legal Aid Ontario**

–legal assistance for low income people

www.legalaid.on.ca

1-800-668-8258 // 416-979-1446

–13 Community Legal Clinics in Toronto

Sliding Scale/Discounted Complementary Health

- **Artists Health Centre / Artists Health Alliance**

www.artistshealth.com

Toronto Western Hospital– 399 Bathurst Street 3rd fl, West Wing

Toronto, ON M5T 2S8

(416) 603-5263

- Acupuncture
- Craniosacral therapy
- Mindfulness Based Cognitive Therapy
- Registered Massage Therapy (RMT)
- Group Psychotherapy
- Interactive Relational Psychotherapy Group
- Chiropractic
- Naturopath
- Shiatsu
- Physiotherapy
- Individual Psychotherapy

- **The Herbal Clinic and Dispensary**

www.theherbalclinicanddispensary.com

409 Roncesvalles Ave Toronto ON M6R 2N1

416-537-5303

contactus@theherbalclinicanddispensary.com

- Community Acupuncture
- Walk in Naturopath
- Sliding Scale Psychotherapy
 - Chinese Medicine
 - Herbalism
 - Naturopathy
 - Nutrition
 - Shiatsu
 - Reflexology

- **Six Degrees Health**

www.sixdegreeshealth.ca

204 Spadina Ave, 2nd Floor. Toronto ON M5T 2C2

416-866-8484

info@sixdegreeshealth.ca

- Community Acupuncture
- Sliding Scale -Counselling and Psychotherapy
 - Chinese Medicine
 - Naturopathy
 - Nutrition
 - Shiatsu
 - Spiritual Healing
 - Craniosacral Therapy
 - Ayurveda

Youth Support – e counseling, phone & text support

- **YouthSpace.ca**

www.youthspace.ca // 778-783-0177 // support@youthspace.ca

- **Central Toronto Youth Services**

www.ctys.org // 416-924-2100

- **YouthLine**

www.youthline.ca // 1-800-268-9688 call // 647-694-4275 text

- **Kids Help Phone**

www.kidshelpphone.ca // 1-800-668-6868

- **Woods Homes**

<http://www.woodshomes.ca> // 1-800-563-6106

Phone Apps–Apple and Android

Bridge the gAPP

In depth explanations about various mental health issues, answers to questions, and more. Advice on dealing with stress based on level, a communal “art room” and “worry jar” to share worries with others and feel validated in return. *Based in Newfoundland/Labrador so some resources only work for that area.*

IM Quit

Track addictions, and the time gone without them. Includes good motivation through customizable reminders for reasons for quitting and encouraging quotes.

Fear Tools

Includes an anxiety test, thought diary, breathing guide, and information and videos on anxiety.

Mindshift

CBT for anxiety/sleep/intense emotions. Offers a wide perspective on issues such as conflict, sleep anxiety, etc.

Stress and Anxiety Companion

Helps focus on mindfulness and meditation. Has distracting games and can create “cards” to capture emotions in moments.

Worry Time

Write down your worries in this app to “set them aside” for a later “worry time” that you can set. Then go through all your worries at the same time, and see if they’re still worries. Cleverly designed.

Start

Tracks how well depression medication is working. Best for those unsure about starting medication (includes a survey to help decide) or for those just beginning treatment.

Skin Pick

Easy to use, well-designed tracking app for dermatillomania. Has option to send reports to GP.

Rise Up

Mood diary and food log. Allows you to export tracker to pdf (to share with doctors or others).

Relax Melodies

Create your own white noise for sleep, browse others’ creations, a few free guided meditation for sleep, well designed and easy to use.

Booster Buddy

Little fox creature becomes your “buddy” and gives you self-care missions to help wake it up when it gets sleepy. Includes a mood tracker, and reminders for appointments and medications.

Mood Mission

After answering questions and surveys about your mental health, the app personalizes “missions” for you to “reach the top” of the metaphorical mental health mountain. Also asks you “what’s the problem” you’re experiencing and gives you missions based on that feeling.

Super Better

Creates to-do distraction lists for the user tailored to help with specific mental health issues. *Requires sign up.*

Calm Harm/Stem4

Well designed and inviting app gives activity ideas based on needs such as “comfort, release, etc” to prevent self-harm.

Always There

Kids Help Phone chat app. Can notify user when chat opens, call the Help Phone, gives direct 911 access. Allows user to passcode lock the app to protect privacy.

Be Safe

Create a safety plan for times of crisis, including adding emergency contacts and advice for your future self. Ontario based resources.

Calm in the Storm

All about managing stress and anxiety, and how they affect mental health and well-being. Has 4 in depth components: Check-In, Relief, Learn, and Safety Plan.

Therapy Groups for Fees

• Dialectical Living (Dialectical Behavioral Therapy)

–Group and individual therapy

www.dialecticalliving.ca

647-573-3287

info@dialecticalliving.ca

•Toronto DBT Centre (Dialectical Behavioral Therapy)

–Group and individual therapy

www.dbtcentre.com

416-848-1739

info@dbtcentre.com