



Prevent Child Abuse New Jersey™



**Supporting parents, communities and professionals
to help build brighter futures for children!**



Prevent Child Abuse New Jersey™

Our Services

Community Education: Provides information to parents and caregivers, the general public and professionals who work with children and families.

Connections Matter: Teaches adults to use the power of connections to develop healthy brains and supportive relationships, prevent and heal from Adverse Childhood Experiences (ACEs), promote Positive Childhood Experiences (PCEs), and strengthen communities by building resilience and compassion.

Essex Pregnancy & Parenting Connection: Serves as the Connecting NJ hub for Essex County. EPPC links parents before and during pregnancy, infancy, and early childhood to a range of supportive services including home visiting.

Grow NJ Kids: A state-sponsored initiative to raise the quality of childcare and early learning throughout New Jersey. PCA-NJ serves Essex, Hudson, Mercer, Middlesex, Monmouth, Ocean and Somerset Counties.

Home Visiting: Evidence-based programs in all 21 counties and the most effective strategy known to prevent child abuse and improve a broad array of child health and development outcomes.

Parent Linking Program: Provides pregnant and parenting adolescents in eight high schools with support needed to graduate high school and strengthen their parenting skills.

Young Parent Coalition: Increases access to evidence-based prevention programs for adolescent parents and improves overall fathering practices for young fathers ages 14-21.

How do we Prevent Child Abuse?



PRIMARY PREVENTION

Stopping abuse *before* it occurs

- Family strengthening & parent supports
- Economic supports for families
- Home visiting (Healthy Families/Parents as Teachers)
- Community Education
- Access to quality and affordable childcare for all children

SECONDARY PREVENTION

Targeted responses to *at-risk* populations

- Parent Education
- Parent Linking Program

TERTIARY PREVENTION

Long-term responses to stop abuse and neglect & *minimize consequences*

- Foster Care
- Family Preservation Services



Our Mission

Prevent Child Abuse-NJ
builds a brighter future
for children by
promoting family
wellness, positive
parenting, healthy child
development and
nurturing communities.

**Prevent Child Abuse-New Jersey and
Child Wellness Institute (ChildWIN®)
825 Georges Road, 3rd Floor - Suite 2
North Brunswick, NJ 08902
732-246-8060**

**For more info on
Prevent Child Abuse- NJ**
preventchildabuseNJ.org





ChildWIN®



A subsidiary of PCA-NJ working with families and community partners to help children develop into healthy, productive adults by fostering resilience and social-emotional health



Healing Hearts: *The Trauma Training Series*

The Healing Hearts Series of workshops listed below provide an overview of the impact of trauma and Adverse Childhood Experiences (ACEs) on the developing child. Teachers, administrators and staff who work with children will learn how trauma/toxic stress impacts a child's brain, body and development; thus affecting a child's behavior. This series provides healthy, nurturing strategies to promote a calm learning environment and build resilience, as well as resources to continue learning after the training.

Trauma 101- *explores how trauma & ACEs impact behavior*

Advanced Strategies 1- *builds on the foundation from Trauma 101 and delves into your journey to becoming "trauma-informed" and the importance of relationships in healing and building resilience*

Advanced Strategies 2- *focuses on understanding when the brain needs to be reset to optimize and re-engage in learning*

Resilience- *examines myths of early childhood trauma and how resilience can serve as a buffer*

Self-Care is Not Selfish- *explores strategies to reduce and prevent the negative outcomes of trauma.*

Peaceful Practices- *presents ways to transform your school environment with brain lessons, breathing, yoga, relaxation and mindfulness*

Repacking Your Child's Emotional Back Pack- *educates parents about ACEs and trauma and provides strategies to use with their children at home*

For more info on Child Wellness Institute:

childWIN.org



Additional Trainings

Nurtured Heart Approach- *de-energizing negative behaviors in children with strict limits and rules through building positive relationships*

Positive Discipline- *explore meaning behind behaviors and understand the difference between discipline and punishment*

Domestic Minor Sex Trafficking 101- *identifying signs, reporting and prevention strategies to protect youth from trafficking*

Intro to Mindfulness- *learn valuable tools for a mindful lifestyle and engage in exercises to enhance awareness and manage stress*

Digital Safety in a Digital Era- *offered for 4 age-appropriate sessions covering topics of screen time, digital footprints, gaming safety, bullying, the potential explicit side of social media and the parents role in ensure their child's safety. (K-4 students, 5-8 students, 9-12 student, & a parent workshop)*

Triple P Discussion Groups- *Positive Parenting Program aims to create nurturing family environments while preventing and addressing behavioral and emotional challenges in children and teenagers through actively participating in discussions and gaining valuable insights into positive parenting principles.*

Custom Trainings Available

We recognize that organizations have specific individual needs- and ChildWIN® is dedicated to helping meet those needs. Through consultation with us, we can cater a training to support you in the ways that you need most. Reach out to us and we are happy to help!

Shop our Products

Visit our online shop to find several products to support social emotional wellness for children in your home or your classroom. Visit our website to shop! childwin.org

ChildWIN® (The Child Wellness Institute) is a subsidiary of Prevent Child Abuse-NJ, dedicated to meeting community needs both locally and nationally, extending beyond PCA-NJ's reach. Our goal is to help children develop into healthy, productive adults by fostering resilience and social-emotional health. We offer engaging, interactive, research-informed trainings, coaching, workshops, and products. Our services cater to children, families, educators, social workers, and community partners committed to supporting children's well-being.

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