

# >>> PVAMU-EXTENSION MENTAL HEALTH PROGRAMS



## >>> BALANCED LIVING

The Balanced Living program is a five-part series offered by PVAMU Extension that focuses on helping individuals achieve a more balanced lifestyle.

The program covers key areas such as managing stress, improving nutrition, increasing physical activity, getting enough sleep, and finding time for relaxation.

## HEALING TRAUMA <<<

Healing Trauma is a six-session (90-minute) curriculum for women, using evidence-based, gender-responsive psychoeducational, CBT, expressive arts, body-focused, mindfulness, and relational therapy techniques. It's designed for settings needing short-term interventions



## >>> LOVE AND LOGIC: SUPPORTING CHILDREN WITH TRAUMA

Six-week program aims to equip adults with the tools and strategies to effectively support children who have experienced trauma. The program focuses on:

- Understanding Trauma
- Empowering Children
- Building Strong Relationships
- Self Care
- Setting Limits with Love

## >>> MIND MATTERS (youth program)

Mind Matters is a comprehensive mental health curriculum designed to empower individuals and communities to build resilience, manage stress, and promote overall well-being. This engaging program offers a range of evidence-based strategies and tools to address mental health challenges and foster positive mental health practices.



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<https://hidalgo.agrilife.org/cooperative-extension-program-family-community-health/>

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