

Phoenix Children's Center for Resiliency and Wellbeing

We know that stress and trauma can affect children and teen's emotional, behavioral, physical and mental health.

We also know that supportive, nurturing and steady relationships help kids feel safe, build resilience and heal from difficult experiences.

To better understand your child or teen and provide them with the best possible care, we may ask you about their experiences with stress and trauma, as well as any existing relationships that can help them feel supported, safe and cared for.



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