



Today, we celebrate Dr. Martin Luther King Jr. It's important that we commemorate his life and legacy as a civil rights leader and remember the long history of racial injustice in our country. One year ago, Dr. King's eldest son, Martin Luther King III said, "On this holiday, it is as the Reverend said, about recommitting ourselves, rededicating ourselves to continuing the work because it is nowhere near done."

The actions in the United States Capitol on Wednesday, January 6, 2021 will always be remembered as an attack on our democracy. Many of us watched and were shocked, heartbroken, outraged, and concerned by the events that occurred that day.

When actions like this happen, they inevitably affect our workplaces, schools, and communities. Even though it can be difficult to discuss current events that solicit strong opinions and emotions, the Commonwealth Prevention Alliance (CPA) encourages honest dialogue, realizing it's important to acknowledge the pain of this moment.

As Prevention Professionals, we have the ability and responsibility to create safe spaces for discussions that respect the diversity, views, and beliefs of everyone. How we respond to last week's events, in our communities, schools, and workplaces has the potential to create positive rippling effects for the future of our youth and for the future of our country.

CPA is adamant that the opportunity to live and work in a world that builds upon the contributions of everyone is not just a privilege, but a right of life. We need to continue to rise above the hatred and divisiveness within our country and work to protect and perfect our democracy.

To support your prevention efforts, CPA is offering the following free one-hour presentation (including time for Q&A) session. Please [REGISTER HERE](#) and a Zoom link to join this session will be sent to your email.

Title: Brave Conversations in Classrooms and Communities

Date: Wednesday, February 24, 2021 from 12:00 p.m. – 1:00 p.m.

Presenters: [Dr. Nikole Y. Hollins-Sims](#)
Dr. Dana Milakovic

Description: Discussing current events as well as topics such as race, gender, sexual orientation, etc. can be a daunting task, particularly when engaging with children of various experiences. This session will highlight some recommended ideas for navigating these conversations. Additionally, the presenters will highlight the importance of maintaining a positive and safe space for both adults and students. Finally, the importance of self-care will be described to showcase the value of ensuring one is psychologically and emotionally well prior to and following tough conversations.
[REGISTER HERE](#)

The Foremost Voice of Prevention in Pennsylvania.



In the meantime, below are a few resources to help.

Helping Children Cope with Traumatic Stress

<https://www.helpguide.org/articles/ptsd-trauma/helping-children-cope-with-traumatic-stress.htm>

We Are Teachers

<https://www.weareteachers.com/resources-for-teaching-about-attack-capitol/>

CDC: Coping with a Traumatic Event

<https://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>

The Foremost Voice of Prevention in Pennsylvania.

Commonwealth Prevention Alliance • P.O. Box 142 • Beaver Falls, PA 15010
commonwealthpreventionalliance.org