

- **NJ Child Care Resource and Referral: Resources: Wellness, Healing, & Healing Centered Organizations**
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- [A Treasure Box for Creating Trauma-Informed Organizations A Ready to Use Resource for Trauma, Adversity, and Culturally Informed, Infused, and Responsive Systems](#) Karen Treisman & Emma Paxton 2021
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- Forbes 13 Ways to Support Employee Wellness: forbes.com
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- How to Give to Other Without Burning Out: greatergood.berkeley.edu
- How to Set Healthy Boundaries: positivepsychology.com
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- Self Care Plans: socialwork.buffalo.edu
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- When Empathy Hurts Compassion Can Heal: greatergood.berkeley.edu