



Houston, we are here for you.

Many of us find ourselves still reeling from the recent impact of Hurricane Harvey. Cataloguing the emotional impact of this disaster is not an easy task. The aftershocks are felt throughout our schools, our neighborhoods, and our city. In the wake of this tragedy, educators and mental health professionals will interact with students who have lost their homes, teachers who have accepted larger classroom sizes, and school leaders who have committed to helping their students and staff feel safe.

Navigating a crisis is challenging. As a houston-based non-profit with deep ties to the education community, FuelEd is here for you.

Free Workshop

We're offering a free community-based workshop, *Trauma and the Healing Power of Empathy* on Tuesday, October 3rd from 4-6pm at our FuelEd Office - 3000 Richmond Ave, suite 340.. Through this workshop, participants will learn the science of trauma as well as the skills needed to heal it - namely empathic listening. The two hour workshop will combine interactive activities, group discussion, skills training, role-play and reflection to help educators process their own experiences and build capacity to added student needs during this time of crisis.

If you are interested in attending the free workshop, ***Trauma and the Healing Power of Empathy***, sign up [here](#).

Free Tool

Our resource for [Connecting After Crisis](#), provides quick tools for empathic listening and communication to help educators and mental health professionals connect with students, colleagues, friends and family.

Counseling Support

If you need a listening ear, our FuelEd **One-on-One counseling services** for adults provide a safe and confidential space to talk freely and be heard. If you are interested in learning more about this opportunity, simply email counseling@fueledschools.org.