



RED HOOK INITIATIVE

When a violent act happens, it can be felt throughout an entire community. We feel it deep in the heart of who we are- as children, parents, and elders- and know that something needs to change and action needs to be taken.

It can be challenging to know the answers. It can be even more difficult to explain to our children what to do when something scary happens or they are scared. As everyone in the community knows, children have to be ready for challenges, both real and existential, that weren't present just a few short years ago. We have to prepare them for a constantly changing world and how they can respond at their age. Our children live in an era that can no longer afford them the days people remember. They sit in workshops on what to do when your body is in "fight or flight" mode, have active shooter drills, and face unprecedented challenges. They and their caregivers need more safe spaces to explore, question, and begin to heal. Places where people can connect and learn from each other. In an anti-oppressive and anti-racist environment, people can begin to learn essential life skills and techniques they can adopt to counteract the harm caused by systemic racism.

We applaud you for all of your work in coming together as a community for our children and for always remaining resilient. We hope that you and your loved ones are able to take some time to relax, recharge, and regroup. Sometimes, we think we must keep going without acknowledging our hurt, pain, or frustrations. Let this serve as a reminder that we are all human, which means we have our limitations, and we have our moments of stress and fatigue. We encourage you to ask for what you need. Reach out to the community for the support that you feel would be most helpful, whether individual counseling, health coaching, meditation workshops, support groups, or spiritual guidance. The community is here for you. Be sure to take precautionary measures to remain safe and healthy.

Below are resources and well-being best practices that might ease your mind and prevent stress before talking to your child or teen about when scary and violent things happen.

[Well-Being Practices: Gentle Reminders for Times of Stress](#)
[Talking to Children When Scary Things Happen](#)
[Talking to Youth When Violence Happens](#)

Below is a list of available resources where you can receive the support and encouragement that we all need within the Red Hook Community. Remember, you cannot effectively care for others if you are depleted. We are stronger together when we can share resources and create safe spaces to navigate situations we often don't think to prepare for.

[Healing Spaces in Multicultural Neighborhoods](#)