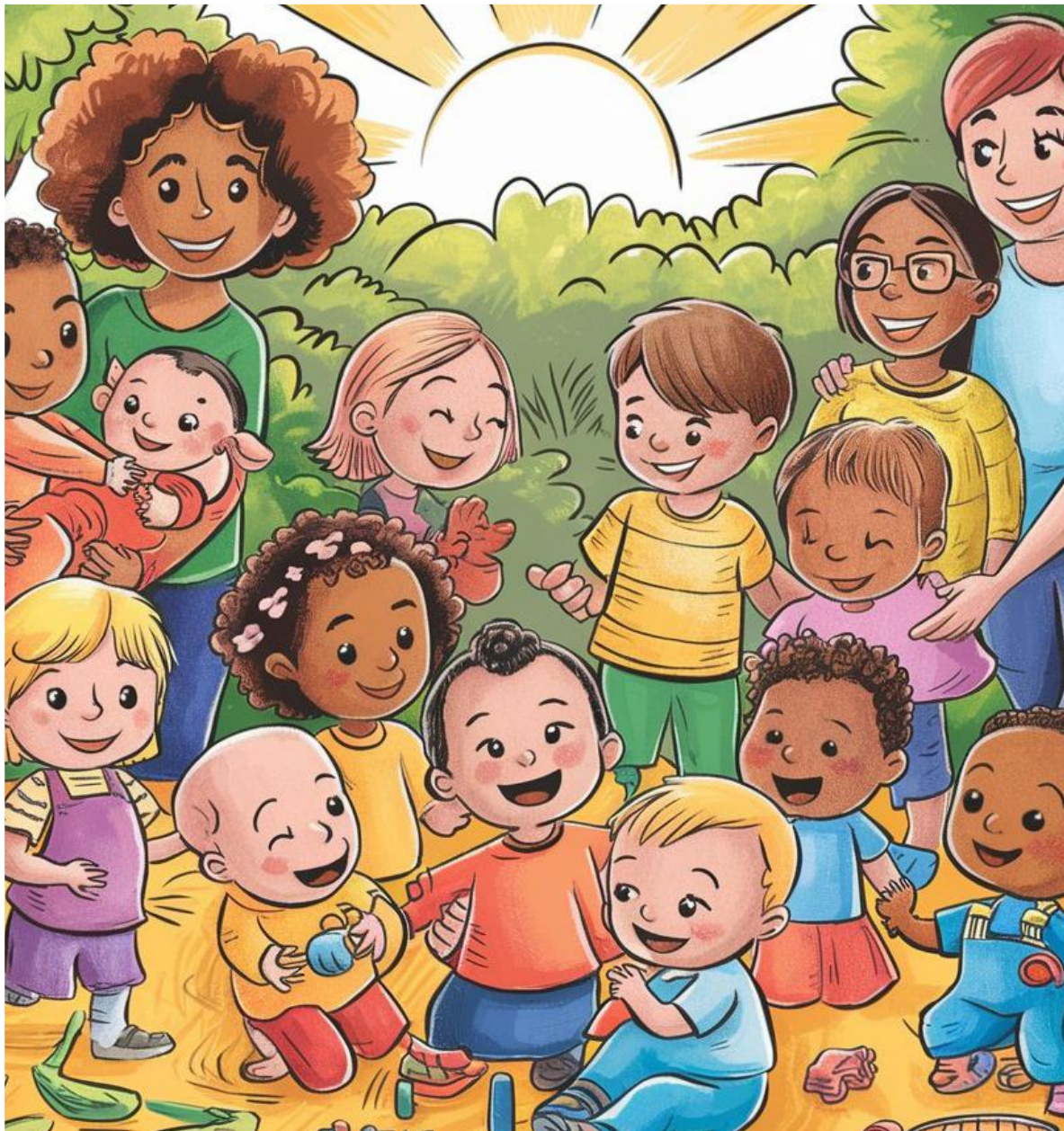




# Building Strong Brains

A Journey of Hope and Resilience



**Presented by** The Journey Institute, Inc. &  
Florida Association for Infant Mental Health-Broward Chapter

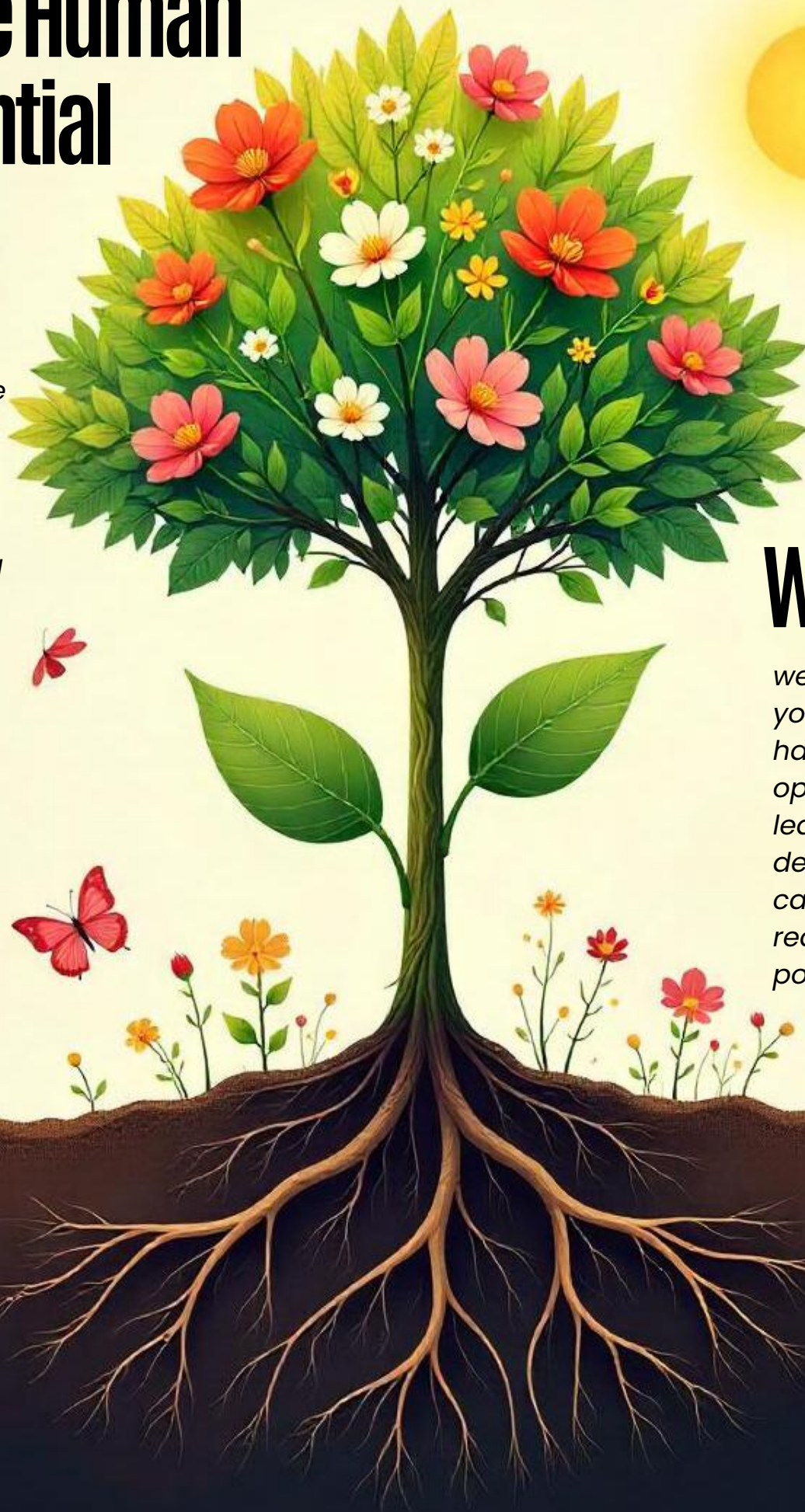
# The Beginning of Every Child's Journey



Every child deserves to start life with the strongest foundation possible. At The Journey Institute (TJI) and FAIMH Broward Chapter, we believe that building strong brains is the key to a bright and healthy future for every child.

# Value Human Potential

*We are coming together to make good things happen. One of our top priorities is investing in young children and families.*



## When

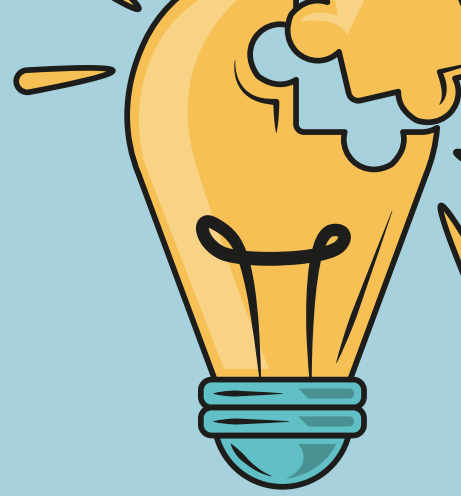
*we ensure that young children have the opportunity to learn and develop, they can better realize their full potential.*

# Investing in Our Future

Developing strong brains and abilities in young children should be our top priority. Together, all of Broward's residents and leaders can invest resources in strengthening systems that provide mental health, education, early learning, healthcare, and support for parents.



# Brain Architecture: What Develops?

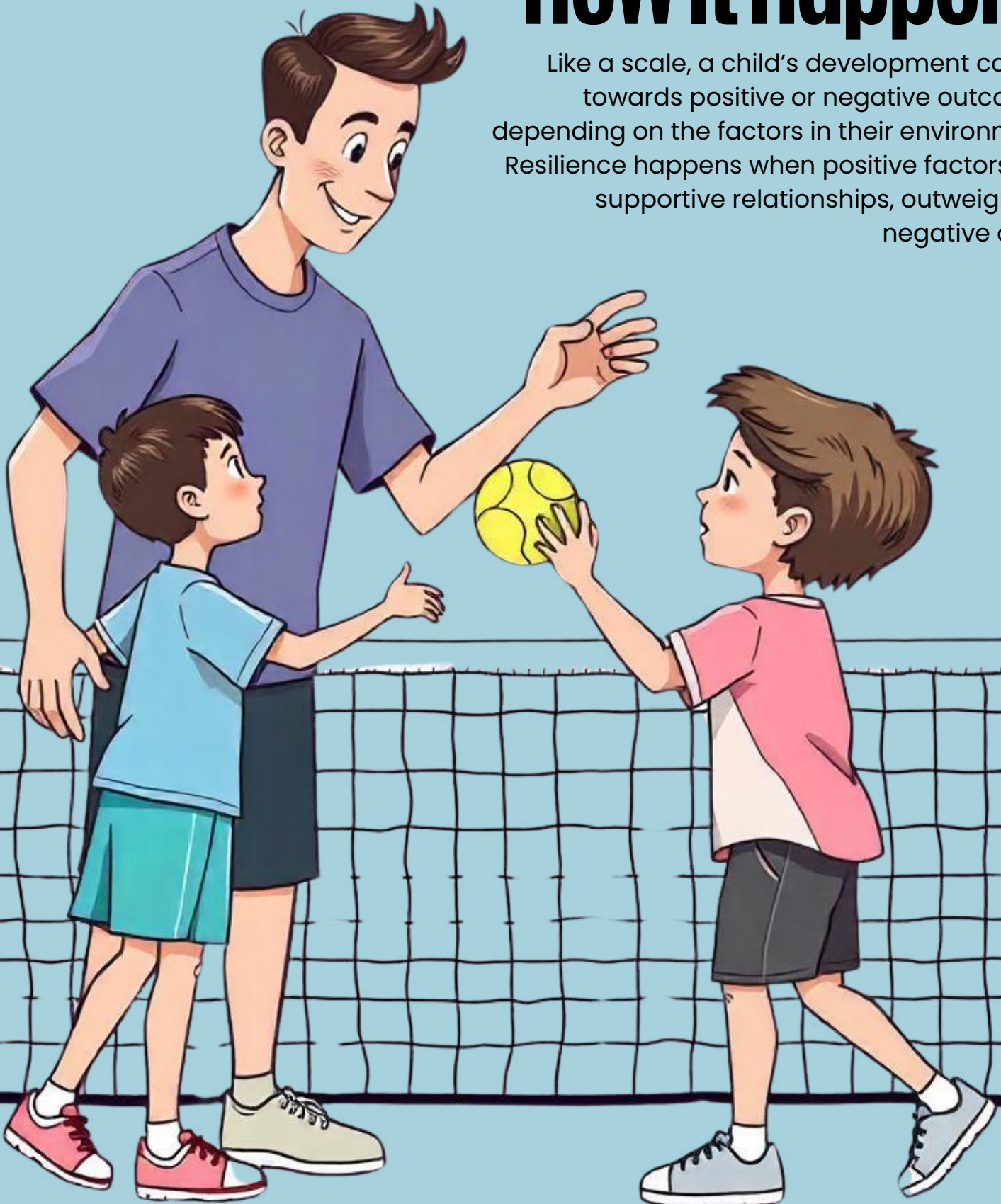


The basic architecture of a human brain is constructed through a process that begins before birth and continues into adulthood. Like building a house, this process starts with laying a strong foundation. Early experiences literally shape how the brain gets built.



# Serve and Return: How It Happens

Like a scale, a child's development can tip towards positive or negative outcomes depending on the factors in their environment. Resilience happens when positive factors, like supportive relationships, outweigh the negative ones.



# Toxic Stress: What Disrupts It?

Certain kinds of stress in a child's environment can lead to mental health problems. Toxic stress from experiences like extreme poverty, abuse, or chronic maternal depression disrupts brain development, particularly when children lack support.





# Resilience Scale: What Can Be Done?

Like a scale, a child's development can tip towards positive or negative outcomes depending on the factors in their environment. Resilience happens when positive factors, like supportive relationships, outweigh the negative ones.





# Civic Responsibility: Why This Matters

As a society, our job is to create environments that strengthen brain architecture, reduce toxic stress, and build buffers of support. Investing in young children from the start ensures a strong return on investment (ROI) for our future.

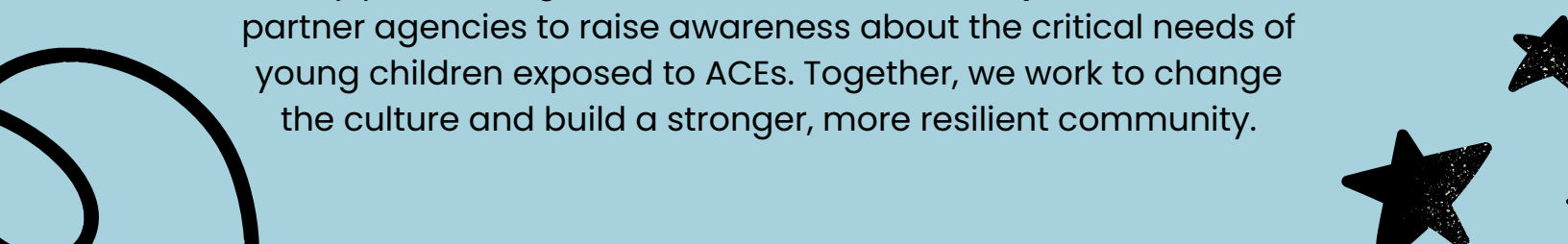




# Celebrate Babies Week: Coming Together for a Brighter Future



Every year, during Celebrate Babies Week, we join forces with partner agencies to raise awareness about the critical needs of young children exposed to ACEs. Together, we work to change the culture and build a stronger, more resilient community.



# The Journey Continues: Building Strong Brains for the Future

Our work doesn't stop here. Through ongoing trauma-informed trainings and community efforts, we continue to build a system that supports early relational health and, infant mental health in young children and their families who raise them. Every step we take, brings us closer to a future where every child is prepared for success.



# REFLECTIVE QUESTIONS

1

How can you contribute to creating a safe and nurturing environment for children in your community?

2

What steps can you take to support trauma-informed care in local organizations?

3

How can your actions today positively impact the brain development of the children around you?



# A Call to Action: Join Us on This Journey

You can be a part of this important work. Together, we can make a difference in the lives of children and ensure they have the resources they need to thrive. Let's build strong brains, strong families, and strong communities.

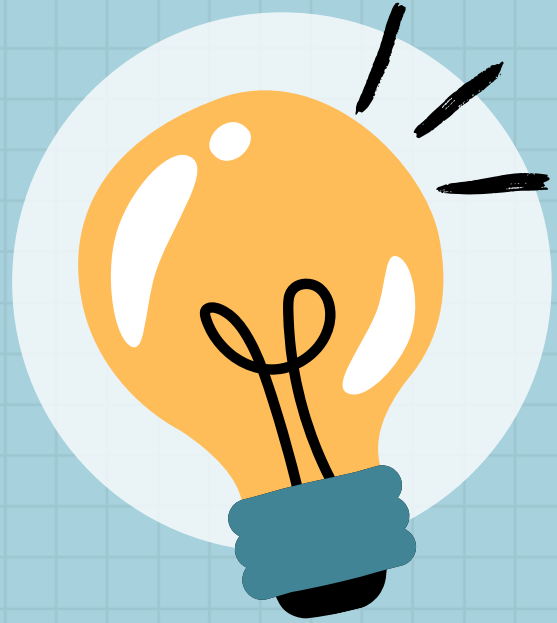


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**To Learn More**

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