

NEWSLETTER

Breaking Cycles



UPDATE! CURRICULUM NEWS

PARTNERSHIP:
SUPPORT NOT STIGMA



EXCITING NEWS FROM SUPPORT NOT STIGMA



Support Not Stigma Counseling and Wellness is excited to announce that it will officially open its doors in downtown Lake Worth this month (December 2025), expanding access to compassionate, community-centered mental health services. The new location will offer individual and family counseling grounded in trauma-informed, culturally responsive care.

In partnership with Breaking Cycles, the organization will also begin leading parent psychoeducation groups designed to strengthen families, build resilience, and provide caregivers with practical tools for navigating stress, trauma, and behavioral health challenges. Together, these efforts reflect Support Not Stigma's commitment to healing, empowerment, and breaking the barriers that too often keep families from the support they deserve.



‘Why Are
We So
Invested?’



HOW TRAUMA EFFECTS FAMILY!

1. Trauma Disrupts Emotional Safety for Everyone

Families thrive on predictable emotional cues and a sense of safety.

When one member experiences trauma, the emotional atmosphere can shift dramatically:

- A parent coping with hypervigilance may unintentionally create an environment of tension or fear.
- A child struggling with nightmares, irritability, or withdrawal may make daily routines unpredictable.
- Other family members may begin to “walk on eggshells,” unsure what might trigger distress.

These shifts often lead to misunderstandings, increased conflict, or emotional distance, even among members who want deeply to support one another.



2. Roles Within the Family May Change Dramatically

Trauma can cause a reshuffling of responsibilities and emotional roles:

- Parentification: Children may take on adult responsibilities when a parent is overwhelmed or unable to function at their usual capacity.
- Overprotection: Parents may become overcontrolling or restrictive, hoping to prevent further harm.
- Withdrawal: A family member may isolate themselves, leaving others to compensate.

While these adjustments are often attempts to cope, they can place strain on relationships and lead to resentment, burnout, or long-term role confusion.



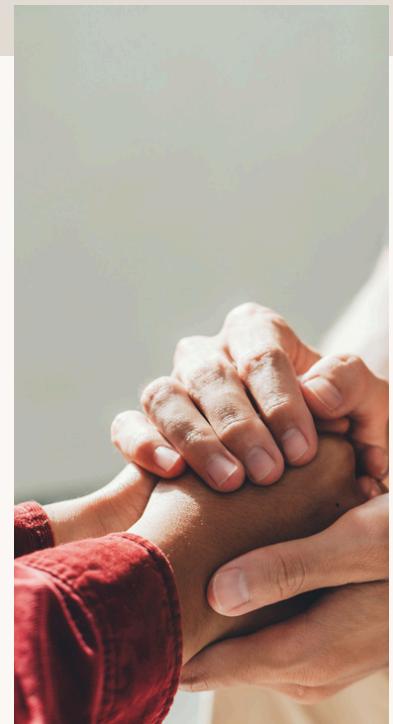
HOW TRAUMA EFFECTS FAMILY CONTINUED!

3. Communication Patterns May Break Down

Trauma can make open and honest communication more challenging:

- The traumatized individual may avoid discussing their experience out of shame, fear, or emotional overload.
- Other family members may avoid the topic entirely, trying not to “make things worse.”
- Miscommunication can increase if symptoms like irritability, numbness, or dissociation are misinterpreted as disinterest or anger.

Over time, silence can create emotional gaps where family members feel disconnected, unsupported, or alone with their concerns.



4. Trauma Can Be Passed Across Generations

Research shows that trauma can have intergenerational effects, meaning that children can feel the influence of traumatic experiences their parents or grandparents lived through—even if they don’t know the details. This can occur through:

- Learned coping styles (like shutting down emotions or expecting danger)
- Inconsistent caregiving or attachment disruptions
- Family narratives shaped by fear, secrecy, or loss

Breaking these cycles requires awareness, communication, and often professional support.



5. Family Members May Experience Secondary or Vicarious Trauma

Even if only one person directly experienced the traumatic event, others may develop secondary trauma through:

- Witnessing the person’s symptoms
- Hearing repeated retellings of the event
- Living in an environment impacted by chronic stress or emotional instability

Supportive family members may become emotionally exhausted or overwhelmed, especially if they take on caregiving responsibilities without adequate resources.



HOW TRAUMA EFFECTS FAMILY CONTINUED!

6. Resilience Is Possible—and Often Shared

While trauma can disrupt families, it can also become a catalyst for growth when supported effectively:

- Families may strengthen emotional bonds and communication skills.
- Members may learn healthier coping strategies together.
- A shared commitment to healing can create a deeper sense of unity and purpose.

Resilience doesn't mean "getting over it"—it means developing the tools to move forward while acknowledging the pain.



7. Healing Requires Collective Effort

The most effective healing often comes from a combination of:

- Professional help: therapy, family counseling, trauma-informed support groups
- Healthy communication: creating space for honest dialogue without judgment
- Routine and stability: reestablishing predictable rhythms of daily life
- Self-care: ensuring each family member has time and space for personal wellbeing
- Education: learning about trauma's effects so reactions don't feel personal or confusing

Families who approach trauma as something they navigate together—rather than something the individual must "deal with"—tend to experience more sustainable recovery.



THE CURRICULUM PARTNERSHIP!

- SIX LIFE SKILL AREAS
- FORTY CLASSES
- EVIDENCE INFORMED
- GROUNDED IN REBT
- STRUCTURED IN SKILLS BASED THERAPY
- CARING ENVIRONMENT
- LICENSED CLINICIANS/PH.D
- NATIONALLY RECOGNIZED LEADERS IN MENTAL HEALTH

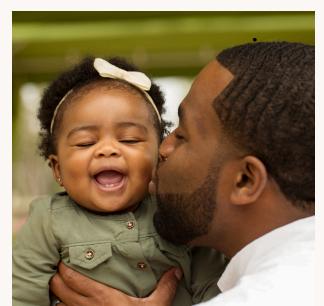


INTERESTED OR KNOW A NONPROFIT
OR PROGRAM THAT COULD BENEFIT?

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Support Not Stigma



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BREAKING CYCLES FACEBOOK