

## Learn More Resources

### COMMUNITY RELATIONS AND CRIME PREVENTION WITHIN THE DEPARTMENT OF COMMUNITY SAFETY

#### TOOLKIT | 2020

Vicarious Trauma & Self-Care Toolkit  
(Toronto Youth Equity Strategy)

<https://youthrex.com/toolkit/vicarious-trauma-self-care-toolkit/>

#### TOOLKIT | 2020

Mindfulness-Based Programs for Youth: A Toolkit  
for Youth Workers (YouthREX)

<https://youthrex.com/toolkit/mindfulness-based-programs-for-youth-a-toolkit-for-youth-workers/>

#### FACTSHEET | 2020

Mindfulness 101 (YouthREX)

<https://youthrex.com/factsheet/mindfulness-101/>

#### PODCAST & VIDEO | 2020

Mindfulness-Based Programs for Youth: Body  
Scan Exercise (YouthREX)

<https://youthrex.com/podcast/mindfulness-based-programs-for-youth-body-scan-exercise/>

#### PODCAST | 2015

Voices from the Frontline: Self-Care (YouthREX)

<https://youthrex.com/podcast/podcast-voices-from-the-frontline-self-care/>

#### VIDEO

Resisting 'Burnout' & 'Vicarious Trauma' Collective  
Care & Justice-Doing : The Z

[https://www.youtube.com/watch?v=qnTDUCkYby0&ab\\_channel=VikkiReynoldsPhd.](https://www.youtube.com/watch?v=qnTDUCkYby0&ab_channel=VikkiReynoldsPhd.)