

# Sidewalk Chalk Toolkit

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## What is Trauma Informed Awareness Week?

The Columbus CARE Coalition hosts Trauma Informed Awareness Week each year with activities to increase knowledge and awareness of the impact of trauma and to uplift community resiliency within not only Columbus but also around Ohio,

## How Can You Get Involved?

Create a Sidewalk Chalk event! We know that when trauma happens to one of us, it happens to all of us. Building resilience in ourselves, each other, and in our communities helps us find healthy and safe ways to connect with each other. One great way to connect with each other, build community, and get outside all at the same time is to host a Sidewalk Chalk event. Follow our simple steps, and join the Columbus CARE Coalition as we raise awareness of trauma and resilience in 2022!

## Steps to Join Our Sidewalk Chalk Event:

1. Find a location
2. Get/Buy sidewalk chalk
3. With your chalk, tell us what resilience means to you. This can be done through words or images that you draw on the sidewalk.
4. Include a hashtag next to your creation to encourage others to join.
5. Take a picture and share on social media. Make sure to tag the Columbus CARE Coalition and/or use the hashtags we provided below.
  - #TIAW2022 #WeSeeYou #WeCare #ResilienceLooksLikeMe #Essential #MyOwnKindOfResilient #PlantingSeedsOfHope #NotInvisible #CARE #ColumbusCAREcoalition #TraumaResponsiveCbus #OnToHealing

We can't wait to see what you create!