

Resource Guide for Families, Educators & Counselors

*Supporting Children in Multigenerational Homes
Practical Resources for Emotional Safety, Boundaries & Autonomy*

Mental Health & Emotional Safety

- **SAMHSA – Coping Resources for Children and Families**
[samhsa.gov/mental-health/children-and-families/coping-resources](https://www.samhsa.gov/mental-health/children-and-families/coping-resources)
Free guides and videos to help families build emotional safety and resilience.
- **BetterHelp – Therapy Access & Education**
[betterhelp.com](https://www.betterhelp.com)
Online therapy and articles on family stress, boundaries, and child development.

School & Counselor Support

- **Confident Counselors – Free School Counseling Resources**
[confidentcounselors.com/freeschoolcounselingresources](https://www.confidentcounselors.com/freeschoolcounselingresources)
Toolkits and printables for trauma-informed care and emotional support.
- **ParentPowered – Trauma-Informed Education Guide**
parentpowered.com/blog/trauma-informed-education
Weekly text-based resources for schools and families navigating trauma.

Community & Family Advocacy

- **Washington State Community Connectors**
wscsupport.org/resources
Directory of behavioral health and family support services across Washington.
- **PAVE – Empowering Families with Support & Advocacy**
wapave.org
Training and resources for families with children facing behavioral challenges.

Cultural Sensitivity & Education

- **Counseling Today – Boundary Setting in Collectivist Cultures**
[counseling.org/publications/counseling-today-magazine](https://www.counseling.org/publications/counseling-today-magazine)
Explores cultural norms around boundaries and emotional safety.
- **School Community Journal – Diverse Asian American Families**
schoolcommunitynetwork.org/SCJ.aspx
Research on family structure, cultural expectations, and educational engagement.