

# Childhood Trauma Resource Guide

## For Snoqualmie Valley, WA



**Hope Allowed is a passionate business designed** to help women permanently break the cycle of abuse by untangling distorted views abuse attaches to love. Learn more about Hope Allowed at [hopeallowed.com](http://hopeallowed.com). A direct link exists between childhood trauma and your physical and mental health as an adult. The purpose of this resource is to provide options for your healing journey. This is not an exhaustive list, but the people on this list have shown understanding and compassion connecting childhood abuse and trauma to their discipline.

### **ACE (Adverse Childhood Experiences) Study Video (16 minutes)**

Nadine Burke Harris: [How childhood trauma affects health across a lifetime](#)

#### **A Day of Brave Retreats**

Hope Allowed  
Sue Mocker  
425-246-9355  
[hopeallowed.com](http://hopeallowed.com)

#### **CarePoint, Free Medical Clinic**

Snoqualmie Valley Alliance Church  
Emily Ridout  
425-441-8364 ext. 110  
[svaonline.org](http://svaonline.org)

#### **National Domestic Violence Hotline**

1-800-799-SAFE (7233)  
[thehotline.org](http://thehotline.org)

#### **National Sexual Assault Hotline**

1-800-656-HOPE (4673)  
RAINN – Rape, Abuse & Incest National Network  
[rainn.org](http://rainn.org)

#### **National Suicide Prevention Lifeline**

1 (800) 273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

#### **Snoqualmie Valley Hospital**

Rachel Weber  
425-831-2300  
[www.snoqualmiehospital.org](http://www.snoqualmiehospital.org)

#### **The Haven Retreat**

Younique Foundation  
[youniquefoundation.org](http://youniquefoundation.org)

#### **Book Resource List**

*Boundaries*  
by Dr. Henry Cloud and  
Dr. John Townsend

*CranioSacral Therapy*  
by Dr. John E. Upledger

*Don't Call It Love*  
by Dr. Gregory L. Janzt and  
Dr. Tim Clinton

*Essential Oils Unlocked*  
by PJ Hanks

*Healing Ancient Wounds*  
by John F. Barnes

*Mending the Soul*  
by Steven R. Tracy

*Safe People*  
by Dr. Henry Cloud and  
Dr. John Townsend

*The Body Keeps the Score*  
by Bessel Van Der Kolk, M.D.

*The Gift of Fear*  
by Gavin De Becker

*The Hope Factor*  
by Sue Mocker

*The Wounded Heart*  
by Dan B. Allender

## Acupuncture

Shendao Acupuncture  
Denise Fiedler  
425-888-1018  
[myshendao.com](http://myshendao.com)

## Animal Therapy

Rancho Laguna H.E.A.R.T.  
Tina Laguna  
206-790-0322  
[rancholagunaheart.org](http://rancholagunaheart.org)

## Chiropractic Care

Agape Chiropractic Healing Center  
Dr. Leslie Bedell  
425-888-1670  
[drlesliechiro.com](http://drlesliechiro.com)

## Counseling / Mental Health

14.7 Ministries  
Susie Peterson  
425-260-5134  
[14.7ministries@gmail.com](mailto:14.7ministries@gmail.com)

Encompass (Young Children)  
Kathleen Kaiser  
425-888-2777 ext. 1204  
[encompassnw.org](http://encompassnw.org)

Friends of Youth  
Jordan Klekamp  
425-888-4151 ext. 205  
[friendsofyouth.org](http://friendsofyouth.org)

Hope Valley Family Services  
Ginnett Durham  
425-221-3413  
[hopevalleyfamilyservices.com](http://hopevalleyfamilyservices.com)

Mount Si Counseling Services  
Stephen Chick  
425-292-9438  
[mtsicounseling.com](http://mtsicounseling.com)

Snoqualmie Valley School District  
Elaine Maimon  
425-831-8475  
[svsd410.org](http://svsd410.org)

## Craniosacral Therapy

Agape Chiropractic Healing Center  
Dr. Leslie Bedell  
425-888-1670  
[drlesliechiro.com](http://drlesliechiro.com)

## Emotional Freedom Techniques (EFT)

Access Courage  
Linda Reed  
425-681-9471  
[accesscourage.com](http://accesscourage.com)

## Essential Oils

dōTERRA  
Rosie Lynch  
425-891-3537  
[mydoterra.com/rosiewellness](http://mydoterra.com/rosiewellness)

## Eye Movement Desensitization and Reprocessing (EMDR)

Encompass (Young Children)  
Kathleen Kaiser  
425-888-2777 ext. 1204  
[encompassnw.org](http://encompassnw.org)

Friends of Youth  
Jordan Klekamp  
425-888-4151 ext. 205  
[friendsofyouth.org](http://friendsofyouth.org)

Mount Si Counseling Services  
Stephen Chick  
425-292-9438  
[mtsicounseling.com](http://mtsicounseling.com)

## Flowers

Fab Floral  
Laurie Henderson  
206-679-6162  
[fabfloral.net](http://fabfloral.net)

## **Life Coaching / Mentoring**

Access Courage  
Linda Reed  
425-681-9471  
[accesscourage.com](http://accesscourage.com)

Empower Your Life  
Angela Barrus  
425-443-6247  
[empoweryourlifehypnotherapy.com](http://empoweryourlifehypnotherapy.com)

Feeling Absolutely Fabulous  
Jacqueline Fairbrass  
206-883-3482  
[jacquelinefairbrass.com](http://jacquelinefairbrass.com)

Hope Allowed  
Sue Mocker  
425-246-9355  
[hopeallowed.com](http://hopeallowed.com)

## **Myofascial Release (MFR)**

Snoqualmie Hospital  
Rehabilitation Clinic  
Amanda Schaefer  
425-831-2376  
[snoqualmiehospital.org](http://snoqualmiehospital.org)

## **Pelvic Floor Rehabilitation**

Peak Sports & Spine  
Physical Therapy  
Alissa Gram  
425-396-7778  
[peaksportsandspinept.com](http://peaksportsandspinept.com)

## **Primary Care / Naturopathic Medicine**

NOBU Integrative Medicine  
Dr. Michelle Walter  
425-363-2970  
[nobuintegrativemedicine.com](http://nobuintegrativemedicine.com)

## **Rape Aggression Defense Systems (RAD)**

Snoqualmie Police  
Women's Self Defense  
Instructor / Officer Nigel Draveling  
[ndraveling@ci.snoqualmie.wa.us](mailto:ndraveling@ci.snoqualmie.wa.us)  
[rad-systems.com](http://rad-systems.com)

## **Women's Health**

Three Moons Midwifery  
Alisha Wilkes  
425-395-4768  
[threemoonsmidwifery.com](http://threemoonsmidwifery.com)

## **Workshops / Classes**

Healing the Wounded Child  
Dr. Leslie Bedell  
425-888-1670  
[drlesliechiro.com](http://drlesliechiro.com)

Mending the Soul  
Cascade Covenant Church  
425-831-6222 ext. 103  
[cascadecov.com](http://cascadecov.com)