

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. 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

CarePoint, Free Medical Clinic

Snoqualmie Valley Alliance Church
Emily Ridout
425-441-8364 ext. 110
svaonline.org

National Domestic Violence Hotline

1-800-799-SAFE (7233)
thehotline.org

National Sexual Assault Hotline

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

National Suicide Prevention Lifeline

1 (800) 273-8255
suicidepreventionlifeline.org

Snoqualmie Valley Hospital

Rachel Weber
425-831-2300
www.snoqualmiehospital.org

The Haven Retreat

Younique Foundation
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

Misty Mountain Acupuncture
Valerie Wilson
425-895-6494
mistymountainacupuncture.com

Animal Therapy

Rancho Laguna H.E.A.R.T.
Tina Laguna
206-790-0322
rancholagunaheart.org

Chiropractic Care

Agape Chiropractic Healing Center
Dr. Leslie Bedell
425-888-1670
drlesliechiro.com

Counseling / Mental Health

14.7 Ministries
Susie Peterson
425-260-5134
14.7ministries@gmail.com

Encompass (Young Children)
Kathleen Kaiser
425-888-2777 ext. 1204
encompassnw.org

Friends of Youth
Jordan Klekamp
425-888-4151 ext. 205
friendsofyouth.org

Hope Valley Family Services
Ginnett Durham
425-221-3413
hopevalleyfamilyservices.com

Mount Si Counseling Services
Stephen Chick
425-292-9438
mtsicounseling.com

Snoqualmie Valley School District
Counseling Center
425-831-8150
svsd410.org

Craniosacral Therapy

Agape Chiropractic Healing Center
Dr. Leslie Bedell
425-888-1670
drlesliechiro.com

Emotional Freedom Techniques (EFT)

No current provider in the
Snoqualmie Valley but EFT may be
a helpful technique.

Essential Oils

doTERRA
Rosie Lynch
425-891-3537
mydoterra.com/rosiewellness

Eye Movement Desensitization and Reprocessing (EMDR)

Encompass (Young Children)
Kathleen Kaiser
425-888-2777 ext. 1204
encompassnw.org

Friends of Youth
Jordan Klekamp
425-888-4151 ext. 205
friendsofyouth.org

Mount Si Counseling Services
Stephen Chick
425-292-9438
mtsicounseling.com

Life Coaching / Mentoring

Empower Your Life
Angela Barrus
425-443-6247
empoweryourlifehypnotherapy.com

Feeling Absolutely Fabulous
Jacqueline Fairbrass
206-883-3482
jacquelinefairbrass.com

Hope Allowed
Sue Mocker
425-246-9355
hopeallowed.com

Myofascial Release (MFR)

Snoqualmie Hospital
Rehabilitation Clinic
Amanda Schaefer
425-831-2376
snoqualmiehospital.org

Pelvic Floor Rehabilitation

Peak Sports & Spine
Physical Therapy
Alissa Gram
425-396-7778
peaksportsandspinept.com

Primary Care / Naturopathic Medicine

NOBU Integrative Medicine
Dr. Michelle Walter
425-363-2970
nobuintegrativemedicine.com

Rape Aggression Defense Systems (RAD)

Snoqualmie Police
Women's Self Defense
Instructor / Officer Nigel Draveling
ndraveling@ci.snoqualmie.wa.us
rad-systems.com

Reflexology

Rosie Lynch
425-891-3537
rosie.skincaretherapy.net

Women's Health

Three Moons Midwifery
Alisha Wilkes
425-395-4768
threemoonsmidwifery.com

Workshops / Classes

Healing the Wounded Child
Dr. Leslie Bedell
425-888-1670
drlesliechiro.com

Mending the Soul
Cascade Covenant Church
425-831-6222 ext. 103
cascadecov.com

A Day of Brave
Sue Mocker
Hope Allowed
425-246-9355
hopeallowed.com

Yoga Therapy

Amy Jarvis
425-351-4805
TherapeuticYogaWorks.com