



Our Unique Approach To Childhood Trauma

ChildSavers is the only nonprofit in Virginia using a prevention and intervention model to address childhood trauma. While we cannot prevent trauma from occurring, our team helps children build resilience to trauma. Prevention occurs through our CDS program, assisting child care providers with credentialing, mentoring, personal development, and nutrition education.

When trauma occurs in a child's life, our therapists intervene with outpatient, school-based, and immediate response therapy.



What's Wrong vs. What Happened: The Trauma-Informed Approach

When you see a child act out, do you think "What's wrong with them?" While this is a common reaction, we must change the narrative. Instead, let's start by asking "What happened to that child?"

When we shift the conversation and ask the right questions, we can see the full picture. Children are more than their actions in a single moment. Let's take the time to understand the full story.

95 Years of Building Resilience

We are not born with resilience - we build it. By investing in our community's children, we're building a safe, happy, and healthy generation that's ready to learn.

For nearly 100 years, ChildSavers has confronted some of the most critical health threats to our region in innovative and creative ways. Help us continue this work for the next 100 years.



Mental Health Services

Our evidence-based approach focuses on the client's individual needs and includes specialized treatments such as art-based, sand tray, and play therapy.



Child Development Services

Our six CDS programs increase the capacity of child care providers by providing training and professional development.



Trauma and Resilience Training

In an effort to share a framework of knowledge about trauma-informed care, we offer a variety of trainings for adults.