



Eleven Months Later—Emotional Recovery After a Disaster Resources

Upcoming Webinars and Clinics

Wildfire Smoke Damage & Your Insurance Rights

Thursday, December 18

5 pm PT

This 90-minute webinar hosted by United Policyholders will feature a panel of leading professionals with expertise in assessing, testing, remediating and restoring wildfire smoke damaged homes to save and habitable pre-loss conditions, plus California Insurance Laws and Regulations, Industrial Hygiene protocols and standards, and related topics. [Register Here](#).

Disaster Recovery Resources

Palisades Renewal Center

Offering free therapy and creative arts programming for anyone impacted by the January 2025 Palisades wildfires. In collaboration with the [Maple Counseling Center](#), trauma informed mental health support is available both in person and virtually.

- **Palisades Renewal Center:** pcrcsm.org
 - Mental Health Support: maple4counseling.org/programs-and-services/pcrc
 - Arts Programming: pcrcsm.org/events
- **Maple Counseling Center** (General Services): maple4counseling.org/for-clients/begin-services

United Policyholders

Provides guidance and support to households impacted by the California wildfires with new informational workshops being offered on a consistent basis.

- Website: uphelp.org
- Disaster Recovery Resources: uphelp.org/disaster-recovery-help/2025cawildfires

Alter Care Line

Crisis peer counselors are available to provide services to support residents of LA County and those affected by the LA wildfires. You can use free emotional support to talk through whatever you are navigating and need some help with. Also available is help getting individuals connected with other resources across LA and California, as well as various free in-person and virtual support groups.

- Website: altercareline.com
- Connect to a call: calendly.com/scheduling-altercareline/meet-with-a-counselor-la?month=2025-12

Additional Resources

- [Trauma Resource Institute \(Upcoming Workshops on Wildfire Recovery\)](#)
- [Understanding Your Window of Tolerance](#)
- [What to Expect in the Wake of Wildfires](#)
- [Healing After Disaster](#)

Suggested Resource List by Mark Landsman

Books

For excellent introductions to mindfulness meditation:

- ***A Path With Heart*** by Jack Kornfield
- ***Radical Acceptance*** by Tara Brach
- ***Radical Compassion*** by Tara Brach
- ***Wherever You Go There You Are*** by Jon Kabat-Zinn

For practical, research-backed intros to trauma and neuroscience-informed mindfulness practice:

- ***Self-Compassion*** by Kristin Neff, PhD.
- ***Trauma-Sensitive Mindfulness*** by David A. Trelaven, PhD.
- ***Neuro Dharma*** by Rick Hanson, PhD.
- ***Buddha's Brain*** by Rick Hanson, PhD.

For powerful "spiritual calls to action" deeply informed by mindfulness practice:

- ***You Belong: A Call to Connection*** by Sebene Selassie
- ***We Were Made for These Times*** by Kaira Jewel Lingo
- ***Faith: Trusting Your Own Deepest Experiences*** by Sharon Salzberg

- ***Real Love: The Art of Mindful Connection*** by Sharon Salzberg

Other Classics:

- ***How To Meditate*** by Pema Chodron
- ***When Things Fall Apart*** by Pema Chodron
- ***The Wisdom of No Escape*** by Pema Chodron
- ***The Places That Scare You*** by Pema Chodron
- ***Peace is Every Step*** by Thich Nhat Hanh
- ***How to Relax*** by Thich Nhat Hanh

Podcasts

- Tara Brach Podcast
- Metta Hour Podcast with Sharon Salzberg
- 10% Happier with Dan Harris

Organizations

- Insight LA: insightla.org
- UCLA Mindful: uclahealth.org/uclamindful
- Spirit Rock Retreat Center: spiritrock.org