



Protein for All

Nourishing Hope, Regulation, and Trust in Court Communities

Families often arrive at court feeling anxious, hungry, and overwhelmed. This Hope Community of Practice explores how Protein for All supports emotional regulation, engagement, and trust in dependency court settings.

In this session, participants will hear:

- How protein supports the brain, emotional regulation, and anxiety reduction, and how this aligns with the Science of Hope
- Early observations from the King County Dependency Court pilot, including what families and staff are noticing
- How offering protein to families increases dignity, trust, and participation
- Practical, simple ways to bring Protein for All into court or community settings

The session will feature a facilitated discussion and result in shareable, community-created resources participants can use in their own work.



**Wednesday,
February 11, 2026
12-1 PM**



**CLICK HERE
to register**



For More Information
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Website:
[FYJP Science of Hope](https://www.fyjp.org/science-of-hope)