

PARENT FORUM

REDUCING ANXIETY & BUILDING RESILIENCE IN OUR CHILDREN

WEDNESDAY, JANUARY 27TH 6-7PM

- Parenting Through a Social Emotional Lens
- Opportunities for Positive Skill Building
- Discussion of Coping Skills
- Parental Self-Care
- Mindfulness Activities
- How to tell the difference between sadness and depression or stress and anxiety

***Presenters: Dr. Darlene Sweetland and Dr. Ron Stolberg
- Authors of Teaching Kids to Think: Raising Confident,
Independent, and Thoughtful Children in an Age of
Instant Gratification and Parents of PUSD students.***

Host: Steve Mills - Principal - Twin Peaks Middle School

Zoom Link

<https://alliant.zoom.us/j/97910649049>