



Top TIPS for Supporting Children in Times of Uncertainty and Stress

Learn concrete strategies to support young children when faced with BIG and SMALL life events such as the pandemic, returning from summer break, coming back to school from extended absences, divorce, loss, stressful or traumatic events (fires, COVID-19, tornadoes, flooding) or starting school for the first time.

These virtual seminars are designed for parents, guardians, and caregivers of school aged youth. Sessions include a 30 min Q&A. To join, see below for age focus and register on Eventbrite.

ELEMENTARY SCHOOL

December 12, 2022

6:00 – 8:00 pm

MIDDLE SCHOOL AND HIGH SCHOOL

December 13, 2022

6:00 – 8:00 pm



Presented by: Julie Kurtz

Julie Kurtz is an author and national speaker, consulting and training on trauma and resilience. She promotes the concept of optimal brain integration to maximize the human growth potential. Julie is the Founder and CEO for the Center for Optimal Brain Integration®.

Register at: <https://www.eventbrite.com/e/top-tips-for-supporting-children-in-times-of-uncertainty-and-stress-tickets-474204026007>