



Community Consolidated School District 46

Presents...

Building Your Family's Stress Recovery and Resilience Toolkit

December 1, 2020 - 6:30-7:30PM

Online Zoom Webinar

Stress is a normal response to uncertain and real or perceived danger. Just because it is normal, doesn't mean that there aren't practical tools that kids and adults can use to find calm in the storm. This workshop focuses on practical stress recovery and resilience strategies. Knowing that there is no "one size fits all" approach to building resilience, you will explore a variety of ways to manage stress and build a small but mighty stress recovery toolkit for your family.

This is a FREE program open to the community.

No registration is required, simply visit the Zoom link:

<https://us02web.zoom.us/j/88269506040?pwd=Z1ZrR0s0V1pPZjA1RGprakd0MW5iZz09>

Passcode: **Spark**



About Erin Walsh: Erin is a parent, speaker, educator, and writer. She has worked with communities across the country who want to better understand child and adolescent development and cut through conflicting information about kids and technology. Erin has enjoyed bringing science and tips to families and educators alongside her father Dr. David Walsh for nearly 20 years. They started together at the National Institute on Media and the Family and then more recently founded Mind Positive Parenting before creating Spark & Stitch Institute™ in 2019. In addition to writing articles for several other organizations including Bolster Collaborative and Psychology Today, she co-authored the 10th Anniversary Edition of the national bestseller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*.

Before creating Spark & Stitch Institute in 2019, Erin taught undergraduate students for 9 years with the Higher Education Consortium for Urban Affairs. She created and co-taught an 8-credit program called *Making Media, Making Change*. She has consulted with schools, school districts, parent groups and other youth-serving organizations throughout North America on issues related to digital media, children, youth.