



Community Consolidated School District 46 *Presents...*

Stress and the Brain: Helping Kids Cope

November 10, 2020 - 6:30-7:30PM
Online Zoom Webinar

It is no surprise to anyone living through the COVID-19 pandemic that kids and adults alike are experiencing a great deal of stress. Whether it is uncertainty, upset routines, economic insecurity, or lack of social support, the list of stressors is long and varied. The challenge is that children often express stress through challenging behaviors that can escalate conflict in our homes. Learn more about what stress and trauma look like in kids and teens and explore ways to respond that will help children through this challenging time.

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.

Upcoming D46 Family University Webinar:

December 1, 2020: Building Your Family's Stress Recovery and Resilience Toolkit