

2023-2024

# BUILDING PATHWAYS *for* HEALTHY MINDS

Webinar Series For Educators and School Personnel

*Presented live via Zoom at no cost, thanks to our funders.*

## When Life Gets Hard: Coping With ACEs & Trauma

How does trauma “show up” in classroom behavior? And what works to help students who have experienced grief and adversity? In this interactive workshop, you will learn about trauma’s effect on development and behavior and 5 strategies to help students heal from traumatic experiences.

*Monday, Oct 9, 10AM  
Tuesday, May 21, 9AM*

## Recognizing & Reporting Child Maltreatment

This workshop will give professionals a better understanding of child maltreatment and its prevalence in our community. You will learn how to get help for children, recognize the signs of abuse, be aware of the reporting laws, and know what to do when a child makes an outcry.

*Wednesday, Sep 20, 10AM  
Wednesday, Nov 1, 10AM  
Thursday, Feb 15, 12PM*

## Navigating Rough Waters: Post- Pandemic & Children’s Mental Health

What is typical childhood behavior and when should I be concerned? What can I do if a student begins to experience a mental health issue? In this interactive workshop, learn about signs and symptoms of mental health concerns in youth and 3 strategies for helping students who may be developing mental health issues.

*Thursday, July 27, 12PM  
Thursday, Jan 25, 10AM*

## Mind Matters: Overcoming Adversity and Building Resiliency

Too many students experience on-going stress, and often the underlying trauma takes a toll. Mind Matters gives educators a way to directly help young people who may have experienced trauma in their lives build skills to self-regulate. Learn fun ways to engage young people in learning self-soothing, emotional regulation, and other skills for self-management and recovery.

*Thursday, Nov 30, 9AM  
Thursday, Apr 18, 9AM*

## Cultivating Healthy Classrooms with Empathy and Connection

Have you been frustrated managing a classroom with out-of-control behaviors? In this workshop, learn knowledge and skills to cultivate a nurturing and empathetic classroom climate. Participants will walk away with hands-on activities and ideas to promote empathy and connection in the classroom and will gain valuable information on setting up a classroom that promotes community. This presentation is less about managing behavior and more about getting to the heart of what children need by modeling assertiveness and respect and using healthy discipline techniques.

*Wednesday, Aug 30, 10AM  
Wednesday, Oct 18, 10AM  
Thursday, May 16, 12PM*

*Continuing Education Credits are available for Texas educators, socials workers, and LPC’s*

