

ChildBuilders Presents

BUILDING PATHWAYS *for* HEALTHY MINDS

2022-2023 Webinar Series
For Educators and School Personnel

**Navigating Rough Waters:
Post-Pandemic & Children's Mental Health**

October 6, 2022
March 23, 2023

Although the pandemic may be receding, another wave is now washing over us: skyrocketing mental health concerns. But what is typical childhood behavior? When should I be concerned? And if a student does begin to experience a mental health issue, what can I do? In this interactive workshop, participants learn about signs and symptoms of mental health concerns in youth and 3 strategies for helping students who may be developing mental health issues.

**Recognizing & Reporting
Child Maltreatment**

February 9, 2023

This workshop will give professionals a better understanding of child maltreatment and its prevalence in our community. They 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.

**When Life Gets Hard:
Coping With Adverse Childhood Experiences & Trauma**

November 10, 2022
April 20, 2023

What are Adverse Childhood Experiences (ACE's) and how does trauma impact the developing child? How does trauma "show up" in classroom behavior? And what works to help students who have experienced grief and adversity? In this interactive workshop, participants will learn about trauma's effect on development and behavior and 5 strategies educators can use to help students heal from traumatic experiences.

Webinars are presented 12pm-1pm live via Zoom.
This series is offered at no cost thanks to our funders.

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

emotional control • mindfulness • nurturing parenting • healthy relationships

Stress Management PERSONAL BOUNDARIES *healthy choices*
communication ASSERTIVENESS resilience **CONSENT**

For more information, please visit:
<https://childbuilders.org/workshops/>