

SUMMER PARENT/CAREGIVER WORKSHOP SERIES

THRIVING, NOT JUST SURVIVING

Another Pandemic Summer

with **Jennifer Kolari** MSW, RSW from Connected Parenting

Thursday, JUNE 17th OR Thursday, JULY 15th

6:30-8:00 pm



In this workshop, Jennifer will help parents understand that language and empathy is medicine - medicine that can reduce stress hormones and help to build emotional resilience. If we have learned anything during these crazy times, it's that kids need emotional shock absorbers to be flexible and to thrive. The world opening up again can mean an increase in anxiety and overwhelm for some children (adults too). **Learn how to use the magic of the Connected Parenting method to make this a stress free, wonderful summer for the whole family.**



REGISTRATION REQUIRED:

JUNE 17th: <https://ddsb.zoom.us/join/tJMkce2uqjkiHdK-NgKYrwwmhlNA13cFC9AY>

JULY 15th: <https://ddsb.zoom.us/join/tJUrfu6urTMvHNaKCYwZdSdE35k4xkXdm4rZ>