

Coping With Covid Webinars for Educators and Parents



Fostering Resilience Webinar: Tips for Helping Educators and Parents Communicate with Teens

Date: Tuesday, June 16, 2020

Time: 1:00 PM (ET) | 10:00 AM (PT)

Resilience is the ability to bounce back from a difficult situation—this isn't just something people are born with. During this one-hour webinar, we will learn strategies to build resilience in teens. We will discuss insights and tips to help teens cope with stress and life change. The webinar will provide opportunities for parents and educators to explore the ways in which adults can improve their communication with teens to foster resilience. [Click Here to Register](#)

Mindfulness Webinar Part 1: Strategies for Parents and Educators of Teens

Date: Tuesday, June 23, 2020

Time: 1:00 PM (ET) | 10:00 AM (PT)

Are you a parent or teacher (or both?!). Do you need resources to help your teen manage their thoughts and emotions through this new reality of COVID-19? Do you wish you could all just take a nice, big calming breath together to help you through the day? **Join this one-hour webinar to learn what mindfulness is, how it can be a resource for you and for those around you.** [Click Here to Register](#)

Mindfulness Webinar Part 2: Strategies for Parents and Educators of Teens

Date: Tuesday, June 30, 2020

Time: 1:00 PM (ET) | 10:00 AM (PT)

This webinar will expand from Mindfulness Part 1 by diving more into specific methodologies that can be used to bring in mindfulness. These techniques include breathing strategies, meditation, positive affirmations, and movement. **Join this one-hour webinar to learn some techniques and strategies to help those around you and yourself!** [Click Here to Register](#)