

Learn More About Trauma-Sensitive Parenting

Facilitated by Jen Alexander, M.A., NCC, SB-RPT

Back-to-School Seminar for Parents Seminar (Thursday, September 10, 2020)

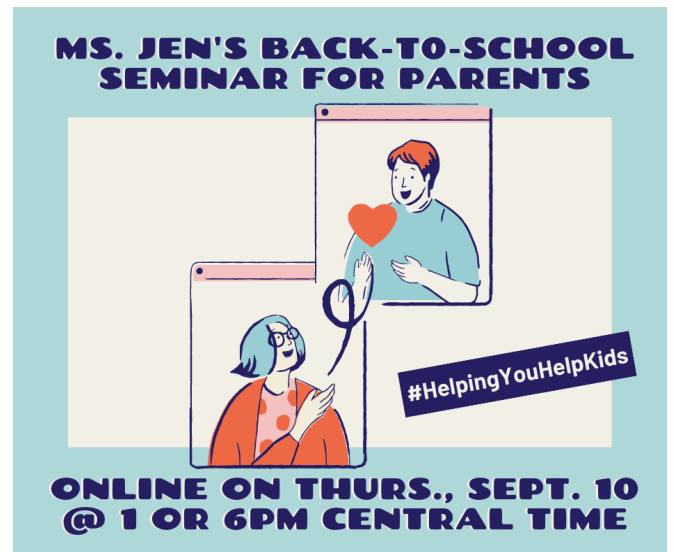
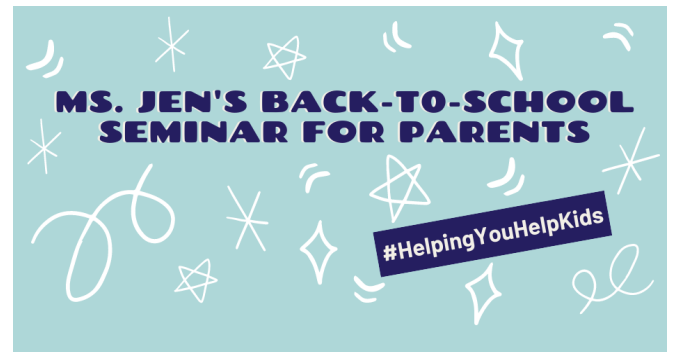
This online PD for **parents or other caregivers** will be facilitated by Ms. Jen and will center on adult and youth feelings and needs during this time of *big stress.* Experience support and gain practical ideas to help you care for yourself and your entire family in this 1.5 hour seminar. If you are an educator or other helper, feel free to spread the word!

Objectives:

- 1-Discover the four essentials of trauma-sensitivity
- 2-Recognize how the stress of the pandemic may impact youth and parents or other caregivers
- 3-Learn strategies that will help you #NoticeTheNeed and #MeetTheNeed in yourself and in your entire family so that everyone is better supported
- 4-Commit to improving self-care

Cost: \$25 for the AM or PM session

1:00-2:30 a.m. central time or
6:00-7:30 p.m. central time



Learn more and register [here](#).

Facilitator is Jen Alexander, M.A., NCC, SB-RPT. Ms. Jen is a licensed counselor, trauma expert, and author of [Building Trauma-Sensitive Schools](#) as well as [Supporting Students and Staff After COVID-19](#).

MsJenAlexander.com

