



Student Support Services, Student Wellness & School Culture

# Cultivating Emotional Resilience & Mental Fitness While Parenting

Being well improves our ability to navigate challenges as a parent. Being mindful of caring for ourselves helps us cope with stress, be flexible and better respond to stress and adversity. With increased emotional resilience, we have more energy to support our family.

## THIS WEBINAR WILL HELP YOU:

- Understand the meaning and importance of wellness and resiliency
- Learn strategies to identify and cope with stressors
- Identify self-care practices that can lift spirits and calm anxieties



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt (858) 298-2075 at least 48 hours in advance.

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## Free Webinars

**Thursday, November 18, 2021**  
**6:00-7:00pm**

**Register for Virtual Zoom training at:**  
<http://sdcoe.k12oms.org/918-211242>

**Wednesday, April 27, 2022**  
**6:00-7:00pm**

**Register for Virtual Zoom training at:**  
<http://sdcoe.k12oms.org/918-211243>

### For registration information, contact:

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