



Dr. John
Burke
Learning
Center



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Contact Us

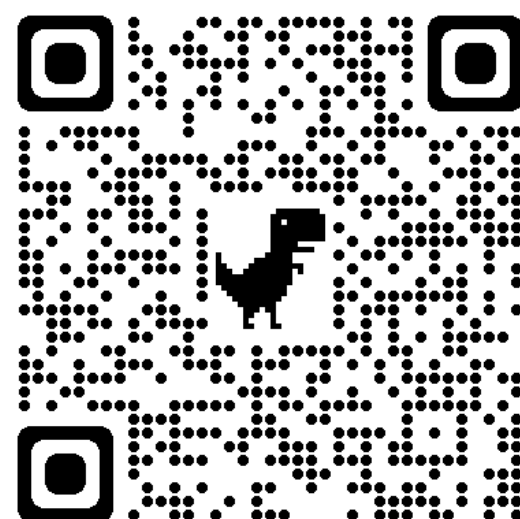
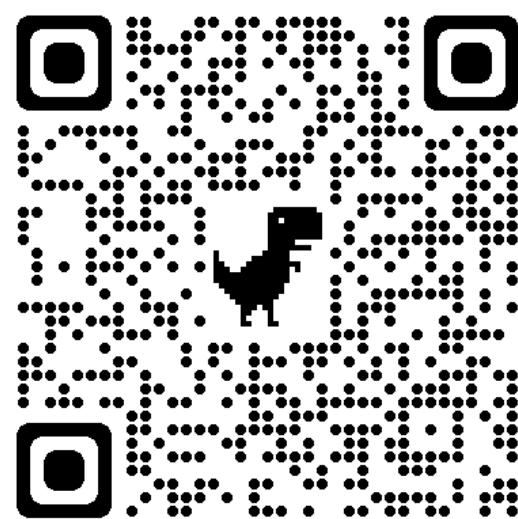
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SKILLS FOR MANAGING ANXIETY & CULTIVATING RESILIENCE

GRADUATE
CREDIT
AVAILABLE!

February 2, 2024
8:30 am - 3:30 pm

WORKSHOP DESCRIPTION

Participants will gain clarity by moving beyond vague advice on how to manage challenges to developing a clear, practical skill set. This will increase the participant's ability to navigate challenges more successfully. Participants will grow and leave with a personal plan with emphasis in three areas of skill development:

- **Physical regulation** - A clear awareness of physical warning signs and master effective ways to promote a sense of emotional safety
- **Emotional Regulation** - Identification, healthy expression, and empowering ownership of emotions
- **Cognitive Regulation** - Identify and challenge unhealthy thinking patterns, encourage optimism, and how to get psychological needs met in healthy ways

PRESENTER INFORMATION

Brad Chapin is a best-selling author and an internationally recognized speaker in the area of self-regulation. He has nearly 20 years of experience in behavioral health serving children and adults. Brad has a passion for teaching parents and professionals the importance of helping children develop healthy self-regulation skills. He continues to create innovative strategies utilizing technology to engage children in the process. Brad believes that self-regulation provides an easy-to-learn and easy-to-implement framework for addressing many of the problem areas children and families experience including ADHD, anger/behavior problems, academic issues, social/emotional problems, autism spectrum disorders and anxiety/depression.

DATE: Friday, February 2, 2024

TIME: 8:30 am - 3:30 pm

LOCATION: Dr. John Burke Learning Center

COST: \$100 Out of District
Free to Haysville USD261 Staff

PAYABLE TO: Dr. John Burke Learning Center, USD261

GRADUATE
CREDIT
AVAILABLE!

**REGISTRATION DEADLINE:
JANUARY 26, 2024**



Register Now

www.usd261.com/learningcenter

