

Skills For Managing Anxiety & Cultivating Resilience



PROGRAM OBJECTIVES

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: BRAD CHAPIN, B.S., LCP, LMLP

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.

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Date & Time: Friday, January 20, 2023
8:30 a.m. to 3:30 p.m.

Location: Dr John Burke Learning Center, USD 261
150 Stewart
Haysville, KS 67060

Cost: \$100 Out of District
Free To USD 261 Staff



REGISTRATION DEADLINE: January 13, 2023

Payable To:
Dr John Burke Learning Center, USD 261

Register on our website:
<http://usd261.com/learningcenter>

Contact us with questions:
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Resilience

