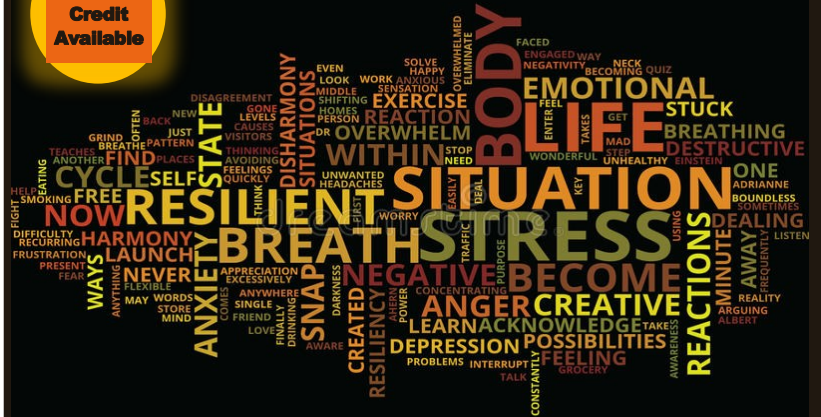


**Friday, January 20, 2023**



# Skills For Managing Anxiety & Cultivating Resilience

**Graduate Credit Available**




**The DR. JOHN BURKE Learning Center**

**150 Stewart**  
**Haysville, KS 67060**  
**Penny Schuckman**  
**Director**



**Dr John Burke Learning Center**

**150 Stewart**

**Haysville, KS 67060**

**Penny Schuckman, Director**

**Website: <http://usd261.com/learningcenter>**

**Phone: 316.554.2331 Fax: 316.554.2342**



**Registration Deadline: January 13, 2023**

\*USD 261 Haysville does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities.\*

## 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.

## Skills For Managing Anxiety & Cultivating Resilience



**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:**  
**E-Mail:** [astaylor@usd261.com](mailto:astaylor@usd261.com)  
**Phone:** 316.554.2331

*Resilience*

