

Helping Transition Children, Youth and Their Families to the Next Normal.

Each Tuesday in May from 7:00pm - 8:00pm



Tuesday, May 4 - Eric P. Hartwig, Ph.D. *Mindfield, LLC and
Author of the b.e.s.t Universal Screening*

Supporting Social, Emotional and Behavioral Health: How you can help.

Social and emotional learning is not a curriculum, it is "lived learning" guided by deliberate practice with effective caregiving. Families and school staff can have a dramatic and powerful influence on a child's behavioral, emotional and social development, particularly when the timing, content and level of support matches a child's needs. Join us for a conversation on how you can help children adapt and build capacity to manage their world.



Tuesday, May 11 - Dr. Lori Shepherd, *Pediatrician, Marshfield Clinic* and
Dr. Carolyn Nash, *Pediatrician, Child Advocacy Center*

Building Resiliency in Young Children Through the Pandemic & Beyond - This talk will focus on ideas that will help your child develop resiliency, a strength that can help them thrive during times of stress, such as the current pandemic. A booklet with exercises and information is available as part of this presentation.



Tuesday, May 18 - Nicole Tank, *Prevention Supervisor, Children's Wisconsin* and
Morgan Wolosek, *Family & Youth Services Supervisor,
Children's Wisconsin*

Finding Balance - Helping Your Child Cope with Change - We all want the best for our children. Helping them learn to cope with change is a strength we can build within our child that will be an asset throughout their lifetime. Join us as we look at some of the signs children are struggling with change, how to find balance for ourselves and our children and ways to develop the skills to overcome challenges.



Tuesday, May 25 - Dr. Dakota Kaiser, Ph.D. *Psychologist, Bridge Community
Health Clinic*

Erica Huffman, MS, LPC, *Youth Behavioral Health Director,
North Central Health Care*

Addressing the Mental Health Needs of Children and Families - The mental health needs of children and families, already on the rise, have been intensified in many ways by the Covid-19 Pandemic. We will discuss the status of youth mental health in our community, what concerned parents and other caring adults should look for, and identify available resources and information.

Free, virtual offering, you can register for 1 or all!
Link to presentation will be sent the day prior to each session.
Register here: <https://www.unitedwaymc.org/EYCSeries>