

Neuroscience of Support

This workshop explores brain centered strategies for adults to support our children navigating returning to in person learning or beginning school in these continually challenging times.

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3 sessions / 3 sesiones

August 25, 2021
3:30pm - 4:30pm

<https://meet.google.com/arf-dver-rjk>

August 26, 2021
6:00pm-7:30pm

<https://meet.google.com/arf-dver-rjk>

August 27, 2021
10:00am - 11:30am

<https://meet.google.com/arf-dver-rjk>

Learn how the brain responds and learns as a relational organ, and how to support our children with self- and co-regulation skills.

Explore ways to co-create routines and support transitions with grace and dignity.

Understand the neuroscience behind self-regulation to create more ease in challenging moments.

Sponsored by Beard Elementary

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