



Helping Families Thrive in a Stressful World

NO COST EVENT!

Brief Overview

Heather will explore how stressful life experiences affect a child's ability to manage their own behaviors and compromise their ability to develop healthy relationships.

Memory, emotions and stress are elements that will be discussed as they relate to common childhood behaviors and mental health concerns.

Heather will provide strategies that work for children and families to create healthy and thriving homes.

Date: Thursday, March 1, 2018

Time: 6:00 p.m. – 8:00 p.m.

Place: Becker High School
Performing Arts Center
Enter Door #3
12000 Hancock St. SE
Becker, MN 55308

Books by Heather

Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Sever Behaviors, Volume 1

Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Sever Behaviors, Volume 2

Dare to Love: The Art of Merging Science and Love Into Parenting Children with Difficult Behaviors.

*Sponsored by Sherburne County BRIDGES Children's Mental Health Collaborative and the Families Achieving Success Today "FAST" Program (Sherburne County Health and Human Services and Greater Minnesota Family Services.)

Key Learning Objectives

1. Understand that the most effective moment to help a child heal is during their most disruptive behavioral moments.
2. Understand the life-long impact of early childhood trauma.
3. Understand the difference between boundaries and consequences.
4. Learn techniques to engage with a child through emotional safety, relationship and regulation instead of power, control and fear.

