

2021 Virtual Stress & Anxiety Conference

Thriving in an Unpredictable World



RETHINK | RESET | REFRESH

Friday Jan. 29th and Saturday Jan. 30th

5 Workshops Each Day

Learn to manage stress & anxiety and support others in doing the same!

Keynote Speaker: Dr. Shelly Mahon, Ph.D., Executive Director of PEN

Unlocking Creativity, Productivity & Joy During Challenging Times

Friday Workshops:

- AM Workshop 1 | 9:00-10:00AM MST:** Emotional Intelligence & Resilience by Wendy Van Besien
- AM Workshop 2 | 10:30-11:30AM MST:** Understanding Depression in the Time of COVID by HOPE Coalition of Boulder County
- Lunch Workshop | 12:00-1:00PM MST:** Communicating with Your Kids During Stressful Times by Karen Alonge
- PM Workshop 1 | 1:30-2:30PM MST:** Serving Our Values in Difficult Times by Brooks Witter
- PM Workshop 2 | 3:00-4:30PM MST:** Three Mental Health Nutrition Principles by Stephanie Small

Saturday Workshops:

- AM Workshop 1 | 9:00-10:00AM MST:** Parenting a Unicorn by Wendy Gossett
- AM Workshop 2 | 10:30-11:30AM MST:** Helping Teens Move Through Anxiety by Paige Trevor
- Lunch Workshop | 12:00-1:00PM MST:** Improving Executive Function Skills by Brandon Slade & Nicholas Thompson
- PM Workshop 1 | 1:30-2:30PM MST:** Journal Writing to Calm Anxiety by Kay Adams
- PM Workshop 2 | 3:00-4:00PM MST:** The Stress Reset Masterclass by Isabelle Tierney

Cost: \$50 Both Days (Best Deal!) | \$30/Day | \$10/Workshop

REGISTER NOW:

parentengagementnetwork.regfox.com/2021-sa-conf

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