



Regulation for Students through Stress and Trauma

Presenter: Sara Daniel, SaintA

All people experience stress from time to time. However, when that stress is significant and persistent, it can overwhelm our capacity to respond. This is sometimes called toxic stress or trauma. In this session we will learn how overwhelming stress can impact the developing brain and stress response system in a child and how the body adapts to this exposure. We will review the stages of escalation and dysregulation that a child may experience in an upsetting event. Strategies that promote regulation and resilience will be shared.

When

Wednesday, January 12th, 2022
9:00 am - 11:30 am

Where

Sheraton Milwaukee Brookfield
375 S Moorland Rd, Brookfield, WI

AND

Online via Zoom (link will be sent after registration)

Register

<https://forms.gle/MEZLBMFk8L2rMRu6A>

Questions? events@parentsunitedwi.org

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