

Supporting Children in Uncertain Times:

Taking care of ourselves and our children

As caregivers and educators, taking care of ourselves is critically important. In this course, we will explore the impact stress has on us, and the skills to help manage it. We will also discuss how children — throughout childhood — respond to stress and what behaviors we can look out for and help address to best support children during this challenging time with age-appropriate resources and strategies.

Register today at

AZREGISTRY.ORG

For more information on resources available for caregivers and educators, please contact Jennifer Atkari-Benavides at jatkari@swhd.org.

Open to all DES contracted sites, homes and after school care providers



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