



From Stress to Resilience: Mindfulness-Based Self-Care for Students and Families

This 10-session parent education program will examine the ten pillars of resilience. Each session is delivered via Zoom on Tuesday evenings, 7-7:30 pm. Parents will learn, discuss, and practice ways to help their children increase resilience, engage in sustainable self-care, and manage stress. Mindfulness based interventions will focus on the demands of parents, children, teenagers, and families amidst the Covid pandemic. Opportunities for practice will be incorporated throughout this virtual program.

Join us Tuesday evenings 7-7:30pm on Zoom using this link:

<https://us02web.zoom.us/j/83258898758?pwd=UVh1allZQU5VVE NKZU5HSWd3cnNTdz09>

This link is also available on the SEDOM website: www.sedom.org



- September 28
- October 5
- October 12
- October 19
- October 26
- November 2
- November 9
- November 16
- November 30
- December 7



About the Presenter: **Kristie Brendel, Ph.D., LCSW, PEL, C-IAYT** Dr. Brendel is an Associate Professor of Social Work at Aurora University. Her teaching, research, and practice interests involve the intersection of mindfulness based interventions, stress reduction research, and resiliency practices. Dr. Brendel is the founder and executive director of Per La Vita Wellness, LLC, a social enterprise with the mission of increasing supports and protective mechanisms for health care, mental health, and school based professionals as well as children and families. Dr. Brendel presents nationally and internationally on her research and regularly facilitates professional development workshops and retreats at school districts, non-profits, and the corporate sector.

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For questions & technical assistance, please contact Melissa Galan at SEDOM: mgalan@sedom.org