

Handling Traumatic Events: Strengthening Teens and Children for a Lifetime

Free. Spanish translation headsets provided.

This talk is for teens, parents who want to support their children, and other adults.

Tuesday, March 5, 6:00pm - 8:30pm

Community resources available at 6:00pm

Program starts at 6:30pm

NVUSD District Auditorium, 2425 Jefferson Street, Napa

When scary events happen close to home it is easy to become completely preoccupied by fear. Chronic fear, for example about whether students are safe at school, is toxic to everyone's health - for the students themselves, for the school staff, and for parents and others with loved ones in our schools. Fear also impairs our ability to enjoy our lives, think clearly, and make good decisions including about handling the very things we are afraid of!



Come practice tools for managing fears after a threatening event and in doing so help strengthen coping skills for yourself and/or your student/child for a lifetime.

Speaker: Laura Masters, B.A. Ed., Educator, Learning Specialist, Neuroscience Educator and Certified Trainer with Dr. Pat Wolfe. Ms. Masters has over eight years' experience leading presentations and workshops in schools and in the community about handling stress, anxiety and fear, and the neuroscience of happiness.

Special Guests: Mike Mansuy, Director of Student Services, Napa Valley Unified School District

FROM PARKLAND, FLORIDA:

Ellen Fox-Snider, M.S. Ed., L.M.H.C., is a mental health professional and parent who works with students at **Marjory Stoneman Douglas High School** where her daughter is a high school junior.

For more information: deb@somosnapa.org or 707-480-7436

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