



Community OF CARE



More Info

6:30PM EAST WOODS INTERMEDIATE MEDIA CENTER

OCTOBER 2

Raising Resilient & Capable Kids

From figuring out how to give your child developmentally appropriate responsibilities and independence to helping them cope with setbacks, frustrations, and boredom, this talk will help parents find ways to build their child's resilience with simple, everyday opportunities.

No Need to Register

Nurturing Young Minds

★ Attend One or All ★

OCTOBER 16

Managing Big Feelings

Your child may have outgrown their toddler tantrums, but big feelings (and big reactions) can still be a part of daily life. Dr. Barlow will teach parents strategies for preventing, managing, and coping with their child's emotional outbursts.

NOVEMBER 6

Stressed Out About Anxiety

It's normal (and healthy!) to feel some level of worries and fears, but how do parents know if what their child is dealing with is normal or not? This talk will help parents understand what's normal, what's not and everything in between.



CHILD CARE PROVIDED FOR UP TO 50 CHILDREN. USE THE QR CODE TO SIGN UP YOUR CHILD.



Meghan Barlow, Ph.D. is a founding member of Barlow & Adams Behavioral Health where she is passionate about providing excellent clinical care to children and adolescents who are experiencing emotional, behavioral, or developmental challenges. Meghan uses a cognitive behavioral approach to therapy and a variety of evidence based therapeutic interventions in treatment. She presents regularly to professionals and parents on topics including ASD, anxiety, and behavior problems.

Community Partners



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