



# The Merrimack School District Presents

Supporting Children and Families:  
Strategies for Coping and Healing During COVID and Beyond  
through Brain-Based Parenting



Join Dr. Alison M. Roy,  
Clinical Psychologist – one series  
will focus on young children and  
another on adolescents.

Come to as many as you like! Click on Links Below to Register!

**Session 1:** Understanding Worry, Anxiety, and Upset in Your Child: The Neurobiology of Stress

**Session 2:** YOU are Enough! The Key Role Caregiver Relationships Play in Building Child Resilience

**Session 3:** Helping Your Child Grow: It's About Self-Care for You and Coping Skills for Them

**Session 4:** Your Family can Overcome Anything! How to Create a Family Story of Hope with Your Children

*As caregivers, we are facing an incredibly challenging situation—how do we keep it together during challenging and uncertain times, AND how do we do this while supporting our children? This series of webinars teaches caregivers about the latest advances in science about the brain (neuroscience) and equips them with strategies to effectively intervene when their child is non-compliant, unengaged, out-of-control or even just sad or anxious. The goal is to provide caregivers with the confidence and knowledge they need to support the resilience of their children.*

Focus on the Elementary-Aged Child

Dates (First Tuesday when school is in session):

2/1, 3/8, 4/5, 5/3

Time: 6:30-7:15 PM Register:

<https://bit.ly/BrainBasedParenting>

Focus on Adolescents

Dates (First Thursday when school is in session):

2/3, 3/10, 4/7, 5/5

Time: 6:30-7:15 PM Register:

<https://bit.ly/AdolescentBrainBasedParenting>

Where: Zoom link will be emailed to you upon registration