



Family & Professional Learning Center
at Northshore Education Consortium

Behavioral Health Conference

*Navigating our Multi-Stressed World:
Best Practices to Support Ourselves and Others*

AGENDA

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| 8:00 - 8:30 | Registration and Breakfast |
| 8:30 – 9:30 | SUPPORTING OUR STRESSED AND ANXIOUS KIDS; THE WHYS AND HOWS |
| 9:30 – 10:30 | PARENTING IN A SCARY WORLD; SUPPORTING ANXIOUS PARENTS TO HELP KIDS THRIVE

<i>Windi Bowditch, MA, LMHC, Director of Clinical Training and Consultation, Northshore Education Consortium</i> |
| 10:30 – 10:45 | COFFEE BREAK |
| 10:45 – 12:15 | VICARIOUS TRAUMA IN THE WORKPLACE– WHO IS CARING FOR THE CAREGIVERS!

<i>Janice Merion-Billings, LICSW, RYT 200, Agency Clinical Director, NFI MA, Inc.</i> |
| 12:15 – 1:00 | Lunch |
| 1:00 – 3:00 | SEVEN WAYS TO BE HAPPY, INSTANTLY!

<i>Pamela Garramone, M. Ed, Positive Psychology Speaker, Life Coach, Founder - Thrive Now Boston</i> |
| 3:00 | Evaluations and Certificates |