



BUILDING HEALTHY COMMUNITIES:

Supporting Our Students During Uncertain Times

Supporting your child has always had its challenges, and now it feels even more overwhelming. How do you support your child during this time of constant change? How do you support your child when you are struggling as well?

Wednesday,
Oct. 14, 2020
6-7:30 p.m.

VIRTUAL
WEBINAR

Reserve your seat today:

www.adams12.org/BHC

Spanish interpretation available.

Join district staff along with Cultures of Dignity co-founders, Rosalind Wiseman and Charlie Kuhn, for a conversation on strengthening family well-being and supporting children's education in any learning environment - in-person, hybrid or remote.

Topics include:

- Strategies to create a strong foundation when there is constant change
- Concrete skills to increase family communication, especially in times of conflict and anxiety
- Tools to help your child's wellbeing and create habits that foster learning
- How to strengthen the bridge between home and school

CREATING
A CULTURE
OF DIGNITY

Featuring best selling-author Rosalind Wiseman, author of *The Distance Learning Playbook for Parents*



COLORADO
Department of Public
Health & Environment



Children's Hospital Colorado

