

# Grow Your Parenting Skills

Parenting Education with Beth Dunn, MS, LPC



**HUSD Office | 6411 N Robert Rd., Vista Room, Building Rm 457**  
**Saturdays, 9:00 am to 12:00 pm**

**Saturday, March 23, 2024**

## **Building Resilience Through Regulation and Relationship**

Using the framework of the Neurosequential Model of Development, (developed by Dr. Bruce Perry, copyright 2007-present), participants will explore how the human brain develops, the importance of the early years of development and its connection to potential life long regulation capacity.

Discover how adversity influences brain development and thus behavior and social interaction skills. Hear about the critical role relationship plays in establishing healthy, sustainable, and effective regulation patterns that mitigate stress responses, enhance social skills and build resilience to life challenges at all ages.

**Saturday, April 27, 2024**

## **The "ABC's" of Feelings**

This class provides parents and caregivers with the "4+1" framework the four basic feelings, their connection to anger, what feelings are for and how to manage them.

Participants will explore the role healthy feelings management plays in preventing substance abuse, social media toxicity, depression, anxiety and tardiness and school absenteeism.

**All classes are free  
and open to parents,  
caregivers, and  
anyone that works  
with children.**

**Saturday, May 18, 2024**

## **Working with Depression and Anxiety in Kids**

Depression and anxiety are on the rise in today's post-pandemic world. Children and adolescents are struggling with confidence, resilience, and a sense of security that all contribute to depression and anxiety.

Children and adolescents often turn to self-harming as coping strategies and then struggle with the additional challenges cutting, substance use, and unhealthy social media connections present as they try to manage their distress.

This class explores the sources of these conditions and provides strategies for parents/caregivers to share and practice with their children to manage depression and anxiety.

To register contact Lisa at (928) 759-5104 or [lisa.krietenstein@humboldtunified.com](mailto:lisa.krietenstein@humboldtunified.com).

This resource is made possible through funding from the Governor's Office of Youth, Faith, and Family TISAPP grant, awarded to the state of Arizona through the Arizona Health Care Cost Containment System (AHCCCS) from SAMHSA as funded by the Substance Abuse Block Grant.



**HUMBOLDT**  
UNIFIED SCHOOL DISTRICT

**MATFORCE**  
Building Healthier Communities  
matforce.org