

WHAT TO DO WHEN THINGS ARE **HARD**

WITH DR. LAURA WINGERS, PSYD

CENTER PSYCHOLOGY



Join us as we explore research-backed strategies that help parents and teachers understand and respond to challenging behaviors in gifted and twice-exceptional children.

As we teach, connect, and support our children's growth, we sometimes encounter obstacles we find difficult to overcome. This session will uncover why behavior happens, how to set children up for success, and ways to navigate difficult moments. We'll also focus, with humor and compassion, on how adults can stay regulated when it matters most.

FEBURARY 10, 2026 FROM 6:00 - 7:00 PM

DESERT SHADOWS MIDDLE SCHOOL'S MEDIA CENTER

5858 E. SWEETWATER AVE, SCOTTSDALE, AZ 85054



Dr. Laura Wingers, PsyD is a highly recognized Clinical Psychologist specializing in personalized assessment and consultation for children and adolescents. Dr. Winger's professional focus includes assessment and consultation for children and adolescents experiencing:

- Highly/Profoundly Gifted Intellect & Developmental Asynchrony
- ADHD, Executive Function, Anxiety, and Mood Disorders
- Dyslexia and other Learning Differences
- Mind-body approaches for inflammatory/mood management

Dr. Wingers has been honored with awards and recognition from the Arizona Psychological Association, the Arizona Psychological Foundation, and the Arizona Association of School Psychologists. She has presented at the National Association for Gifted Children (NAGC), the Arizona Association for Gifted & Talented (AAGT), Supporting Emotional Needs of the Gifted, the Arizona School Administrators Association (ASA), the International Dyslexia Association-Arizona Branch (AzIDA) and a variety of school districts and parent groups.

Dr. Wingers believes "good medicine" requires presence, attention, kindness, and hope. It should be highly personalized. She strives to serve with integrity and to help families face challenges with humor and empathy. Prevention and early identification are her passion. In her practice, she draws on her training and experience in evidence-based approaches and years of clinical experience in hospitals, schools, and private practice settings, as well as her own experiences as a parent. She works collaboratively with children and their families to find answers and solutions to a diverse range of questions and concerns.