



Building Resiliency During Challenging Times

Identifying compassionate ways to build resilience in families

Please join Dr. Amy Stoeber, a licensed psychologist, trainer and consultant, as she discusses:

- What it means to be compassion-informed and why it is important now more than ever.
- How building resilience reduces trauma.
- 3 practical resilience-building take away tools that can practiced immediately.



Se dispone de
servicios de inscripción
e interpretación
en español llamando a
503-215-2429.



Saturday
May 16, 2020



Online Event

Event Details



10:00 - 11:00 am



Free for Parents,
Caregivers and
Professionals