

SPN PARENT EDUCATION EVENT: RESILIENCY IN THE TIME OF COVID

Please join us in discussion with these experts on the topic of Resiliency in the Time of COVID:

Natalie Burger - An Alameda native who has been working with children for 17 years, she works as a school psychologist in the West Contra Costa Unified School District. Natalie will discuss what resilience means, how to promote children's resilience amid the COVID-19 pandemic, and helpful tips for parents/caregivers.

Lisa McDonough - An executive coach and leader whose mission is to change the way we build the workforce of the future in order to incorporate growth mindset, strong emotional intelligence and out of the box thinking. Lisa will talk about the changing landscape of parenting and what this means for teens during COVID.

APRIL 27TH, 7:00 PM - 8:00 PM VIA ZOOM

[Register here](#)

Maise Martin - A senior at St. Patrick-St. Vincent Catholic High School. As student body president and president of the breast cancer awareness club at her school, Maise will share what unique challenges she has faced during COVID, what has helped her be successful and advice she has for parents raising children during this time.

Kristen Smeal - M.Ed., SPN Librarian and Garden Science teacher, Master Gardener. Kristen is passionate about teaching children how to grow food and how to care for the Earth and each other. She will be discussing her perspective on teaching resilience through gardening and nature.

Jim Wheeler - SPN parent who has been working with young employees for almost 40 years. The current General Manager of the Hayward Area Recreation and Park District, Jim will share his understanding of internal and external developmental assets and the role they play in helping youth become resilient.



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