



Supporting Youth in Coping with Isolation

Tuesday, December 1, 12-2PM

Join pediatric behavioral health clinicians from Amoskeag Health in discussing practical strategies to support youth in coping with the challenges of Covid19. Strategies for building resilience in youth while targeting isolation, remote learning difficulties, and transitioning between hybrid and remote learning will be explored through a trauma informed lens. [Register Here](#)

Motivational Interviewing and Stages of Change with Adolescents

Wednesday, December 9th, 12-2PM

This training will provide a brief overview of Motivational Interviewing and the Stages of Change to support work with adolescents. We will review basic skills of MI such as open-ended questions, affirmations, reflections, and summaries. [Register Here](#)

Substance Misuse – For Parents and Caregivers

Thursday, December 10th, 4-6PM

Learn to identify signs/symptoms of substance misuse and the underlying reasons for use. We will also discuss how to talk about use with your kids and available treatment options. [Register Here](#)

Mindfulness/Self-Care – For Parents and Caregivers

Tuesday, December 15, 12-1:30PM

Learn strategies to decrease stress and anxiety during the pandemic and work on skills to stay in the moment. We will discuss the impact that multi-tasking has on our lives and other ways we can help manage the many tasks of parenting, caring, teaching, and working while at home. [Register Here](#)

Being Trauma Informed with Youth 101

Wednesday, December 16, 11-12:30PM

This training will review what trauma is, how it impacts child development and why it is important to utilize a trauma informed lens when working with children and adolescents. We will discuss what trauma looks like, how to best address it, and how to identify our own trauma responses. [Register Here](#)

Leader in Me – 7 Habits of Highly Effective People – The Series

Habit 6 – Synergize

Wednesday, December 2nd, 1-2PM

Synergy is the manifestation of all the other habits working together. Principles of Effectiveness – Creativity, Cooperation, Diversity and Humility. [Register Here](#)

Habit 7 – Sharpen the Saw

Wednesday, December 9th, 1-2PM

Habit 7 is preserving and enhancing the greatest asset we have – ourselves. Principles of Effectiveness – Renewal, Continuous Improvement and Balance. [Register Here](#)