

NAVIGATING IN UNCERTAIN TIMES

Six-week workshop series for Teens (4:00 pm) Parents (7:00pm)

Thursdays: March 26 - April 30, 2020



We invite all Northshore teens and parents to join separate weekly Zoom calls facilitated by Cher Anderton (MSW, LSWAIC). The calls will be one hour and held separately for students and parents/caregivers. Hear from well-known Seattle-based Mental Health Therapist, Cher Anderton, as she helps our community manage in a time of high anxiety and helps students connect and parents bond. Each week Cher will center on different social-emotional topics followed by a discussion of implementation strategies, and a question and answer period. Feel free to call in to join one or all of the meetings. This is free of charge, with a maximum occupancy of 300 people

TEEN CONNECTION: Navigating in Uncertain Times (Six-Week Series)

Dates: Every Thursday - March 26, April 2, 9, 16, 23, & 30 @ 4:00 pm

Week 1 Topic: Healthy emotion processing and regulation

Zoom link: <https://psychnexus.zoom.us/j/115554682>

PARENT SUPPORT: Navigating in Uncertain Times (Six-Week Series)

Dates: Every Thursday - March 26, April 2, 9, 16, 23, & 30 @ 7:00 pm

Week 1 Topic: What our kids need from us & steps for healthy emotion processing

Zoom link: <https://psychnexus.zoom.us/j/610096695>

Purpose: To support students and parent/caregivers with low burden strategies to navigate current events in the best possible way.

Instructor: Cher Anderton, MSW, LSWAIC is a mental health therapist, MTSS-B/PBIS coach, Trauma Informed Practices consultant, Positive Discipline parent educator and former elementary school counselor. In short, Cher loves working with adults to grow their skill set and improve resilience and sustainability in heart-center fields of work and life. Cher is also the parent of 4 teens, one of which she and her partner adopted from foster care when he was almost 8 years old. Cher has a BA in History and a Masters in Social Work from Boston University.

Please contact Jessica Parrott, Inglemoor School Counselor at jparrott@nsd.org with questions. Refer to www.cheranderton.com, Facebook: Cher Anderton, LLC, Instagram: @cher_anderton for more information about the instructor.

Disclaimer: While I am a licensed social worker in the State of Washington, we are not creating a client/therapist relationship with this education series. The web series, and any services associated with the series, including but not exclusive to, open office hours, social media posts and any other form of communication are for educational purposes only.

**Brought to NSD by the Inglemoor High School Counseling Department
and co-sponsored by Inglemoor PTSA and Northshore Council PTSA.**

