



school connect

RESOURCES FOR PARENTS AND EDUCATORS

Parents and educators...**thank you** for leading our children through one of the most challenging times of their generation! We appreciate your courage, tenacity, and strength. Your contribution to our communities shines brightly, and we could not be more grateful!

The below resources were developed in response to the COVID 19 pandemic as educators, students and parents face virtual learning and the rollercoaster of constant change that has caused stress and exhaustion for all. If you are an educator who wants practical ideas on how to manage stress in your role, or to provide resources for parents as they navigate this new reality with their kids, we hope you will find encouragement and actionable content.

Social/Emotional Support for Parents During COVID 19

- Parent University Part 1: Managing Stress During a Global Pandemic
<https://youtu.be/gsJM2YVApys>

Dr. Don Worcester has spent the last 25 years working in Educational, Counseling and Organizational settings. He has taught in Public High schools and at the University level. He completed a Master's in Counseling degree in 1984 and has provided counseling services in community-based centers, in adolescent group homes, in private practice and at Remuda Ranch Treatment Center; an intensive inpatient Residential program for adolescent girls and women seeking recovery from Eating disorders. The program was developed from Organizational research conducted and completed as a component of his Doctoral Degree in Counseling Psychology.

Don also frequently speaks at Regional and National Conferences. Topics include personal and relational health, spiritual formation, marriage and family relationships, and vocational/professional direction and development. He also speaks at Leadership Conferences, Parenting Seminars; and facilitates Marriage retreats with his wife Renee.

- Parent University Part 2: Practical Tips to Manage Stress & Homeschool
https://youtu.be/tthCu_bBg0A
- Parent University Part 3: Calm Parenting During Covid-19
<https://youtu.be/j4c6oD8Yj-g>

- Parent University Part 4: Conflict Resolution
<https://youtu.be/dy5dryBCbVI>
- Parent University Part 5: Conflict Resolution (Continued)
https://youtu.be/dEaZoCh_W9o
- Brad Snyder Interview: Understanding the Impact of Trauma in Children
<https://youtu.be/Z4OpHPALtzo>

Brad Snyder is Chair of the Arizona Adverse Childhood Experiences (ACEs) Consortium and Executive Director of the Dion Initiative for Child Well-Being and Bullying Prevention. Brad comes to this position after more than two decades managing projects targeting children and adolescents for clients ranging from Cartoon Network to the U.S. Justice Department (for whom his project won the Innovations in American Government Award from Harvard University).

At the age of 19, Brad helped found HomeBase Youth Services, a shelter for homeless and runaway youth. In 1994, he ran one of the inaugural AmeriCorps programs. In 2005, Brad helped launch MentorE Online Youth Services, an organization that uses technology to link at-risk youth with caring mentors.

- Arizona ACEs Consortium: Covid-19 Resources Page
<https://azaces.org/covid-19-resources/>

Social/Emotional Support for Educators During COVID 19

- RE-DEFINING NORMAL Virtual Symposium: A symposium for educators navigating the new normal in the classroom
<https://youtu.be/OqZM4-UYJGA>

Talli Dodge, CEO Jewish Family Services
Anxiety and stress and the impact on our schools

Dosely Antongiorgi, STCH Ministries
Tammy Logsdon, Children's Bereavement Center
Evita Moran, Rise Recovery
Health and mental wellness perspective with community resources

Sara Mann, UTSA, Crisis intervention
Practical tools and techniques for the classroom