

FOUR SKILLS OUR KIDS NEED TO THRIVE POST-PANDEMIC

Presented by U-PRISE and the Family Outreach Committee of UCF Schools



Come join an interactive Q & A conversation following a short presentation by child and adolescent psychologist with over 30 years of experience, Dr. Janet Edgette, about supporting your kids' mental health in a post-pandemic world.

The challenges of the last year have taught us a few things about the kinds of skills our children and teenagers will need in order to thrive in an ever-changing world. Being able to accept uncertainty without becoming disabled by anxiety is a big one. So is the ability to remain flexible in the face of change or disappointment. In the face of obstacles, problem-solvers fared better than kids whose thoughts went straight to the worst case scenario. And, of course, there are the relationship skills such as setting boundaries and resolving conflicts and being comfortable asking for what you need that are also critical for our kids to master.



Knowing what personal skills will support children's mental health is one thing, but it's another to actually help kids acquire them. This conversation is designed to be practical, with concrete take-aways and lots of examples.

**TUESDAY,
MAY 11
7-8 PM**



REGISTER AT:

[HTTPS://FOCUS_UPRISE_SKILLS_FOR_KIDS_POST_PANDEMIC.EVENTBRITE.COM](https://focus-uprise-skills-for-kids-post-pandemic.eventbrite.com)