

COOS BAY PUBLIC LIBRARY

SELF-REGULATION AND RESILIENCE

A WORKSHOP CONNECTING SCIENCE WITH STRATEGIES

MAY 17TH

TIME: 1:00PM - 3:00PM

COOS BAY PUBLIC LIBRARY

525 ANDERSON AVE, COOS BAY, OR

Key topics:

- Self-regulation - central to health, education, and social outcomes, and to building resilience.
- How life today can make self-regulation difficult.
- Resilience – the “science of hope.”
- Simple tools to build self-regulation and resilience in yourself and others; self-care, empathy, reflective listening and connection.

REGISTER TO ATTEND IN-PERSON OR ONLINE

In-person attendance:

- call Tammy Aley @ (541) 808-7244
- OR sign up @ <https://tinyurl.com/cbplselfregulation-inperson>

Virtual attendance (Zoom):

- Register @ <https://tinyurl.com/cbplselfregulation-zoom>

