

This presentation is open to the public to attend in person, in addition to being live streamed and filmed for later viewing.



SUPPORTING STUDENTS WITH STRESS AND EXCESSIVE WORRY

This presentation focuses on ways parents and caregivers can support children with stress and excessive worry during the re-acclimation process. Participants will leave this presentation with strategies that they can utilize at home to help promote positive mental health and emotional growth.

DEC. 1, 2022 - 6:30 P.M. IN THE HIGH SCHOOL NORTH MEDIA CENTER

Presentation by: Laine Whitaker, MSL
Senior Director of Professional Learning at ESS

Whitaker has more than 15 years of teaching experience serving at-risk youth at the New Jersey State Department of Children and Families, Office of Education. Additionally, she was a High School Dean of Students before transitioning to consulting. Laine is an Advanced Trainer of The Nurtured Heart Approach®, a Certified Mental Health First Aid® Instructor and holds several Parenting and Youth Group Facilitator certifications. She has a Social Work certification from Rutgers University, and a master's degree in Leadership from Cabrini University. At ESS, Laine uses her knowledge and passion for healthy student engagement to offer professional learning, coaching, and consulting to educators and parents. Laine was also an Adjunct Professor at Cabrini University where she taught a course on Social-Emotional Learning, which she designed for education majors.

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