

Free Workshop

The importance of emotionally plugging into children

Connection equals cooperation. How to connect with children, even challenging children, in a meaningful way. Sara will go over how connections improve behaviors, social emotional functioning and overall brain development. The presentation will include evidence-based material about brain development and how to best respond to children. She will also include practical skills parent's and other caregivers can use in their daily lives with children to increase connection and cooperation.



Thursday January 31st, 2019

Presentation from: 6-7:30pm

Scott Highlands Middle School

14011 Pilot Knob Rd, Apple Valley 55124

Lecture Room A

Sara McGee, MA LMFT, IMH-E (III) is an Early Childhood Mental Health Specialist through Family Adolescents and Children Therapy Services (FACTS). She has received extensive training and work experience in area of infant and early childhood mental health and development. Relevant trainings include: Circle of Security Parenting, Trauma Informed Child Parent Psychotherapy and Conscious Discipline. She also completed the Infant and Early Childhood Mental Health certificate program through the University of Minnesota; and received the endorsement to provide Reflective Consultation from the state of Minnesota. She enjoys working with parents and other care providers in understanding children's behavior through a developmental and mental health lens. Children do better when we understand the meaning of their behaviors.



Please no children, as there is no child care available



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