



SUPPORTING FAMILIES: COMBATING CRISIS FATIGUE WORKSHOPS

These workshops will provide families with effective tools to not only survive but thrive as we move forward to 2021.

WORKSHOPS HELD VIRTUALLY AND OFFERED FOR FREE!

Reduce Toxic Stress

Wednesday, November 18, 2020 6:00pm-9:00pm

Uses neuroscience-informed resources that focus on the development of awareness of toxic stress in the body and the relationship of emotional and cognition impacts it has in children. Designed to create healthy ways of coping and build strong relationships with oneself and the family.

Coaching Emotions

Wednesday, December 2, 2020 6:00pm-9:00pm

Uses neuroscience-informed practices to focus on ways to understand the relationship between trauma and emotional response and its impact of brain development in children. Designed to build skills in handling emotions and self-regulation

Ways to Build and Improve Resilience

Wednesday, December 16, 2020 6:00pm-9:00pm

Uses neuroscience-informed practices with an emphasis on the development of emotional resilience in oneself and children. Designed on the three building blocks of emotional resilience, enriching personal relationships, and optimizing the brain in learning.

ABOUT YOUR INSTRUCTOR



Annette Oswald is the founder/executive director of From The Root: Educational Consulting Firm, and serves the community of Monterey as an instructor in Monterey Peninsula College. Dr. Annette Oswald also supports the community through parent training as a Qualified Autism Services Practitioner Supervisor. Dr. Oswald's educational background includes a B.S. in Special Education, an M.S. in Exceptional Student Education/Pre-K Disabilities, and an Ed.D. in Special Education/Early Childhood Education.

Beginning in 2005, Dr. Oswald, as a teacher with Miami-Dade County Public Schools in Miami Florida, worked for almost 10 years teaching diverse learners. From 2014 to 2019, Dr. Oswald served as a professor in Special Education and Early Childhood Education and an Instructional Designer in Early Childhood Education at two community colleges in South Florida. While at Miami-Dade College, Dr. Oswald developed and implemented a bilingual National Association for the Education of Young Children (NAEYC) certification program for Spanish speaking community early childhood education providers.

Dr. Oswald now dedicates her time researching educational neuroscience and using her findings to provide parent trainings, for the betterment and quality of parent-children interactions; enhancing communication, emotional support, family resiliency, and healthy relationships between family members. Dr. Oswald was born and raised in Miami, Florida to Cuban refugees. She is a first-generation Cuban-American and is the first person in her family to graduate from college. Dr. Oswald is committed to providing a ripple effect of resources and equity in education. Her commitment is a hallmark of her desire and passion to help all members of society from diverse backgrounds become active and productive and achieve their full potential in life.