

Preventing Burnout: Creating Calm Amidst the Chaos

With stress levels at an all-time high, we need quick tools for self-regulation. Take some time to fill your tank with this experiential workshop. Participants will practice over 10 different activities for calming the chaos inside and learn how to incorporate brain-boosting habits into hectic daily life.

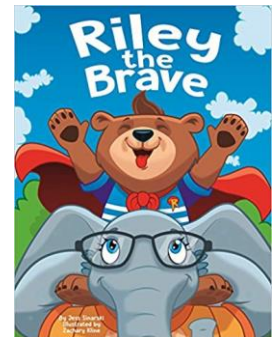
1. Identify crucial brain systems with user-friendly language.
2. Recognize emotional and physical signs of dysregulation.
3. Practice 10+ activities to increase calm and decrease fight/flight/freeze response.

Perfect for parents and professionals with tools to share with the little ones in your life as well.

About the Presenter



Jessica Sinarski, LPCMH, is a clinical supervisor, consultant, author and educator. She is a thought-leader in connecting neuroscience with practice in adult-child relationships. Jessica has trained thousands of parents and professionals across the country and maintains a private practice in Delaware, incorporating neurofeedback and attachment-based therapeutic models.



Location	Time & Date	Zoom Link
Virtual Training via Zoom	Tuesday, October 20, 2020 10:00am-12:00noon	Zoom link will be sent to registered participants

REGISTRATION	DHS Professionals & DHS Foster Parents
	https://ilearn.oregon.gov/dl.aspx?id=B45C95E85D564FCD81BBF362DECF1B24
	Families, Adoptive & Pre-adoptive Parents, Caregivers and Other Community Partners
	Email ORPARC at orparc@nwresource.org or call 503-241-0799 / 1-800-764-8367. Continuing Education Credits through NASW Oregon Chapter are available for \$20.00. Request credits upon registering.



Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter)

ORPARC trainings are free-of-charge to DHS/state adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals, and other participants as space allows and welcomes attendees of all ethnicities, genders and sexual orientations. In-person trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request services two weeks in advance.