



Sensory & Somatic Interventions for Regulation

1/27/2022 - 8:00PM-9:30PM ET

Could Sensory Integration issues explain some of your child's dysregulated behaviors? Learn about the body's sensory system, roots of sensory dysfunction and how your child's daily life may be impacted by SI issues. Join an OT and a mom to explore how and when to find help and how to create a sensory rich home environment.

Register:

<https://attendee.gotowebinar.com/register/1160898880695335696>

Cost is \$15 to attend. Webinar registrations are non-refundable. You will receive a recording within 7 days that you can listen to at your own convenience.





STUDY SKILLS FOR ADHD

1/13/2022

11:00AM-12:00PM ET



ADD and ADHD can present many challenges at school. Franny Alexander, Harmony's Education Consultant, will discuss techniques for students and parents to use at home to minimize chaos and maximize learning.

Register:

<https://attendee.gotowebinar.com/register/8053096259944148751>

Cost is \$15 to attend. Webinar registrations are non-refundable. However, you will receive a recording within 7 days of the training that you can listen to at your own convenience.



How to Talk to Your Child About Suicide

Talking about suicide is hard, and it's even harder to think about having to do this with your own child. Research and practice show that opening up lines of communication between parents and children can help reduce the likelihood that a child will attempt suicide. Offering concrete, real-life supports – especially nurturing relationships – reduce that likelihood even more.

Sadly, suicide is on the rise across all age groups and races in our country. A therapist and a parent will discuss why some children may be more at risk to attempt suicide than others and the signs to look for. They will also offer practical tips for how to plan your conversation, what to say and not say, and how to build in supports for your child. They will also discuss what to do in a crisis situation and what to expect when professionals are called upon to help.

2/7/2022 11:00AM-12:30PM ET

Register:

<https://attendee.gotowebinar.com/register/7159279068469284111>

This webinar is free to attend. You will receive a recording within 7 days of the training that you can listen to at your own convenience.



Interventions Beyond the Office

2/24/2022 - 12:00PM-1:30PM ET

Have you ever attended a training or read a book about trauma and thought, “all that information is great, but now what?! What am I supposed to DO?” That’s what this workshop is all about! Healing takes places in many places from the therapy office to the great outdoors to your own kitchen table. Plus, there are many tools that you might want to work with during your healing journey that are quiet and internal or creative and movement based. If you’d like to learn more about these approaches and how to integrate them into your own life, this training is for you. A panel of practitioners from different areas of expertise will discuss how to incorporate interventions beyond the “therapy couch.”

Presented by: Rebecca Lehmicke and Guest
Cost to Attend: \$15.00

Register:

<https://attendee.gotowebinar.com/register/5888638351434634252>

Webinar registrations are non-refundable. However, you will receive a recording within 7 days of the training that you can listen to at your own convenience.





Trauma-Informed Discipline

3/3/2022 - 8:00PM-9:30PM ET

Children who have been abused, neglected or substance-exposed often don't respond to typical forms of discipline, challenging and frustrating many adults. Join Allison Cooke Douglas, adoptive parent and Resource Center Program Manager at Harmony Family Center, in a discussion of why old standbys like timeout, spanking and lectures don't work and aren't appropriate for our children, and explore how parents can shift to mindful, connected discipline techniques for tough behaviors.

Presented by Allison Douglass
Cost to Attend: \$15.00

Register:

<https://attendee.gotowebinar.com/register/91586439288109584>

Webinar registrations are non-refundable. However, you will receive a recording within 7 days of the training that you can listen to at your own convenience.





De-escalation Tools & Techniques

3/8/2022 - 7:00PM-9:00PM ET

The de-escalation techniques presented are from Therapeutic Crisis Intervention (TCI), a curriculum that was developed by Cornell University and is now used in schools, residential treatment facilities, and foster homes. After understanding how the brain functions during a crisis, we will learn how to engage a child with a calm voice and a non-threatening stance. A variety of support techniques will be discussed along with strategies and phrases to reduce power struggles. You will learn to “say this....not that” to let children know you are an ally and not another obstacle in an already challenging situation.

Presented by Dr. Keith Bailey

Register:

<https://attendee.gotowebinar.com/register/7340297165308268045>

Cost is \$20 to attend.

Webinar registrations are non-refundable. However, you will receive a recording within 7 days of the training that you can listen to at your own convenience.





The World is Falling Apart and I Still Have to Make Dinner?

Parenting in Stressful Times



*Presented by Allison Douglas and
Rebecca Lehmicke
Cost to Attend: \$15.00*

It's been a hard few years for most of us. Are you feeling extra on edge lately? Less patient with your family or at work? Are you wondering why you feel so exhausted all the time?

Harmony is here to help.

Research tells us that chronic stress takes a toll in many ways, and we can't ignore the impact it has on our ability to parent the way we hope to. Come explore the why behind our parenting burnout and spend some time considering ways we can get our spark back and feel like ourselves again.

3/10/2022 - 8:00PM-9:30PM ET

Register:

<https://attendee.gotowebinar.com/register/340095858374843403>

Webinar registrations are non-refundable. However, you will receive a recording within 7 days of the training that you can listen to at your own convenience.