

# Restoring Resilience & Developing Strategies for Success!

**April 26, 2021 . 6:00 p.m. to 7:30 p.m.**

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Presented by Michelle Frygier, Parent Mentor of Geauga County and the ESC of the Western Reserve in collaboration with Ravenwood Health.

Let's face it. This year has been challenging. If you are feeling stressed it is ok! Our bodies are reacting to the chronic stress of a year-long global pandemic. I hope you will join me as we learn about the ways in which the pandemic has affected both parents and children. We will discuss ways in which the stress and anxiety of the pandemic can be used as a catalyst to foster positive changes, growth and resilience! Several strategies for managing stress and anxiety for all age levels of children as well as adults will be learned.

**Presented by Natalie Smith, LISW-S, CTP**

## **Ravenwood Health**

Natalie Smith is currently the Child & Family Program Director at Ravenwood Health. She has been a practicing clinical social worker for over twenty years and has provided therapy to children and families who are facing a variety of mental health and addiction issues. She has worked in schools, outpatient therapy settings, home based treatment and residential treatment facilities. She is an independently licensed social worker and is a certified trauma practitioner.

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Free and Open to the Public. No registration necessary.

To join, please click on the Zoom Meeting link:

<https://us02web.zoom.us/j/82944249261?pwd=cmRESXc3ZUtnclZwdXlWekxWK3JwUT09>

Meeting ID: 829 4424 9261

Passcode: 993945