

FREE PROFESSIONAL DEVELOPMENT

Stress, Resilience, & Early Learning Series
for Early Childhood Educators
+ Families of Infants & Toddlers

Session 1: *Effects of Stress on the Body and Mind*
March 31st, 2021: 6 pm to 7 pm

Session 2: *Strategies for Managing Stress Response*
April 7th, 2021: 6 pm to 7 pm

Session 3: *Understanding and Managing Emotions*
April 14th, 2021: 6 pm to 7 pm

Session 4: *Building Positive Relationships for Resilience*
April 21st, 2021: 6 pm to 7 pm

Come join Dr. Karim Martinez, Extension Family Life and Child Development Specialist, NMSU, as we explore the fascinating connections between learning, stress, and the social-emotional well-being of children aged birth to three years. **All Early Childhood Educators and families of infants and toddlers residing in the Gadsden ISD area welcome!** See you online! ☺



**Certificate
provided
to every
participant**

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STATE**

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**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Extension Family and Consumer Sciences

Limited space – register today!

For more information, contact:
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Register here:

<https://family.nmsu.edu/early-learn.html>

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