



## REGISTER BY VISITING:

The [NMC3 Website](https://forms.gle/eD1cXPLcErXiJEWZ9) or fill out the register form:

<https://forms.gle/eD1cXPLcErXiJEWZ9>

Book Raffles during every session!

### ROUTINES, RESILIENCE, AND RELAXATION

**Audience:** Caregivers of children with ADHD

**When:** Wed., March 3<sup>rd</sup> from 2-3pm  
Or Thurs., March 4<sup>th</sup> from 4-5pm

### MOTIVATING STUDENTS AND THE ART OF ATTENTION

**Audience:** K-12 Educators

**When:** Wed., March 3<sup>rd</sup> from 2-3pm  
Or Thurs., March 4<sup>th</sup> from 4-5pm

### YOUR CLASS FEELS GREAT!

Using trauma-informed practices to create warm, safe spaces online or live

**Audience:** K-12 Educators

**When:** Mon., March 8<sup>th</sup> from 6-6:30pm  
Or Tue., March 9<sup>th</sup> from 4-4:45pm

### ROUTINES, RESILIENCE & RELAXATION FOR CAREGIVERS

**Audience:** K-12 Educators

**When:** Wed., March 10<sup>th</sup> from 2-2:45pm  
Or Thurs., March 11<sup>th</sup> from 4-4:45pm

### HOW TO BUILD A VIRTUAL ESCAPE ROOM (PART 2)

**Audience:** K-12 Educators

**When:** Wed., March 10<sup>th</sup> from 2-3pm  
Or Thurs., March 11<sup>th</sup> from 4-5pm

### COUNTERACTING SCREEN-BURNOUT WITH NATURE TIME

**Audience:** K-12 Educators

**When:** Mon., March 15<sup>th</sup> from 6-6:30pm  
Or Tue., March 16<sup>th</sup> from 4-4:30pm

### BILINGUAL/BILITERACY SUPPORT

**Audience:** K-12 ELA and Bilingual Educators

**When:** Wed., March 17<sup>th</sup> from 2-3pm  
Or Thurs., March 18<sup>th</sup> from 4-5pm

### HYBRID LEARNING: THE INTERSECTION OF ONLINE AND FACE TO FACE INSTRUCTION

**Audience:** K-12 Educators

**When:** Wed., March 31<sup>st</sup> from 2-3:30pm  
Or Thurs., April 1<sup>st</sup> from 4-5:30pm

### HOW TO BUILD A DIGITAL ESCAPE ROOM (PART 3)

**Audience:** K-12 Educators

**When:** Wed., March 31<sup>st</sup> from 2-3:00pm  
Or Thurs., April 1<sup>st</sup> from 4-5:00pm