



Raising Resilient Children

Tools for Emotional Regulation

Learn how stress, anxiety and big feelings affect children's brains, bodies and behavior. Gain practical, developmentally appropriate tools to support emotional regulation, build resilience, and create safety and connection.



Build Understanding



Gain Practical Tools



Strengthen Connection



**Wednesday,
October 21, 2026**
5:30 – 7:30 PM CDT



Online Event
Live via Zoom

REGISTER TODAY >

\$39



Scan the QR code
or visit
Resilient-Oct2026.eventbrite.com
to save your spot!



For Parents and Caregivers



2-hour virtual training

Our Mission

To promote wellbeing by empowering children, adults, and those who support them with the knowledge and tools to strengthen emotional regulation, resilience, and healthy relationships.



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