



# Northfield School District 31

## Connect 31-Parent Education Opportunities

Join us for the Parent Education Fall Series featuring presentations designed to help our families thrive. Learn more about the education series and find other helpful resources at [www.district31.net](http://www.district31.net).

### **Building Resilience During a Pandemic**

*Wednesday, August 12 - 6 p.m.*

*Virtual Presentation for the SD31 Community*

Parenting children in our complex world has always been difficult and COVID-19 presents us with even more unique challenges. As stressful as this time is for our children, it also gives an important opportunity to teach and model resilience.

In this evening discussion for parents, Dr. Doug Bolton will share current brain and social science research that can help guide us through these challenging times. He will also share parenting strategies that will help build resilience in our children so that they can effectively manage stress now and in the future.

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### **Presenter Doug Bolton, PhD**

Dr. Doug Bolton has used his degrees in clinical psychology, school psychology, and educational leadership to support students with social, emotional and behavioral challenges in schools since 1987. Dr. Bolton graduated from Bates College in 1986 with a BA in Psychology and Religion. Subsequently, after working in therapeutic schools and residential facilities for three years, he pursued a Ph.D. in Clinical Psychology from the University of Vermont and received his degree in 1995.

Dr. Bolton currently consults with schools to enhance their ability to support their students with mental health issues.



Zoom Link to join presentation will be available at [www.district31.net](http://www.district31.net) on August 12.