

A-State Childhood Services Webinar

Composure--Keep Calm and Carry On



The skill of composure helps us reclaim our power by learning to actively calm ourselves in times of distress. Gaining our composure in any situation gives us the ability to respond consciously rather than to react irrationally.

Webinar Dates and Registration Links

This is not a series – please register for only one date and time

April 20th 2:00pm

<https://conta.cc/3b964jf>

April 20th 6:00pm

<https://conta.cc/3b4VPfH>

April 22th 1:00pm

<https://conta.cc/3e02i7C>

April 22th 4:00pm

<https://conta.cc/2RBaR4Y>

Please feel free to share this flyer with the families of the children in your care. This resource is available to anyone that you feel would benefit from this webinar.

Take advantage of this online opportunity.
You will receive 1 hour of PDR credit.
For more information, contact Carol Evans,
carevans@astate.edu



Childhood Services