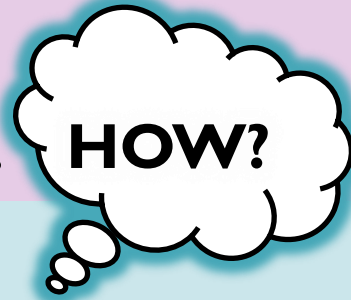




“You Need To Calm Down”

Helping Young Children Learn ...



TUESDAY, FEBRUARY 4, 2020

(Snow Date 2/5/20-same time and location)

11:30 AM - 1:30 PM

Independent Living, Inc.

5 Washington Terrace, Newburgh, 12550

(Please park in Delano Hitch Park on Washington St.)

**Feel free to bring your lunch*



This FREE workshop geared toward parents and professionals of children in Pre-School through 5th Grade, will provide practical information to support young children’s awareness of their own reactions to help decrease challenging behaviors and increase self-confidence. Participants will learn hands-on strategies to use *Mindfulness, Acceptance and Commitment Therapy and Applied Behavior Analysis* to:

- ♥ Help children of all abilities to accept their thoughts and feelings, understand their values and commit to a new action
- ♥ Use mindfulness at home and in the classroom to improve focus and self-regulation
- ♥ Manage their own behavior during challenging situations

REGISTER online by 1/30/20

<https://forms.gle/Ts6QqmcFdfiGKnav8> or visit <https://www.nyspecialtaskforce.org/>

*Registration is needed to inform participants if a workshop is cancelled due to inclement weather or unexpected reasons

About the Presenter

Lynda S. Rosner, MS, TSHH, BCBA, LBA

Lynda received a Bachelor's degree in Communication Disorders from SUNY New Paltz and her Master's degree in Counseling & Behavior Analysis from Nova Southeastern University. She is the Director of Hudson Valley Behavioral Solutions in Highland.

Questions?

Contact:

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or call 845-891-1305