



## Join this 3-Part Webinar Series



PALO ALTO  
UNIFIED SCHOOL DISTRICT

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BY:

The power of classroom wellness  
**Acknowledge Alliance**

Palo Alto Council  
**PTA**  
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Wellness & Support Services  
Palo Alto Unified School District

# Thursdays, June 18, 25 & July 2

4:30 TO 5:30 PM

**Register at:**  
[Eventbrite](#)

## RESILIENCE

The capacity to bounce back or competence despite adversity, is innate in all of us and is available for all of us to build throughout our lives.

The last several months have provided many opportunities for our families to respond in ways that build our resilience in the face of high levels of stress and anxiety that we've all felt. Having children at home instead of school has been especially difficult for many families.

In this series Acknowledge Alliance Director Sarah Kremer, PhD, LPCC, ATR-BC, will provide research, strategies, and practical ideas to bring into family time while we're still figuring out what our world will look like in the future.

- *Session 1* - Discuss what resilience looks like for children and adults.
- *Session 2* - Identify challenges and successes.
- *Session 3* - Discuss how to move forward with uncertainty over the summer into next school year.

Each session, will focus on conversations and practical strategies as well as ways to welcome every experience and response.

### - SARAH KREMER

Director of the Resilience Consultation Program at Acknowledge Alliance where she oversees services provided to San Mateo and Santa Clara County schools and organizations to advance prevention-focused mental health and social emotional learning across the entire school community. Acknowledge's Resilience Consultants provide support and coaching to the adults on campus as well as to students through their own SEL curriculum. Sarah is a Licensed Professional Clinical Counselor and Board Certified Art Therapist. She is faculty at Notre Dame de Namur University where she received her Ph.D. in 2020.

