



American
Heart
Association.

INGLEWOOD



ACTIVE COMMUNITIES



VIRTUAL TOWN HALL

How to Build Resiliency During Difficult Times

Thursday, June 25, 5:00 PM

Click to Register:

<https://bit.ly/InglewoodTownHall>

Join us in a panel discussion to help you and your children develop the social and emotional skills needed to cope with today's and future life challenges.

If you have any questions, email Bryce.Fluellen@heart.org
or call 818-284-2622

VIRTUAL TOWN HALL: How to Build Resiliency During Difficult Times

June 25, 2020 5:00 pm

Please join our expert panel for a much needed discussion about tools and strategies that help support and protect our mental and physical health during these difficult times.

Panelists



Sierra Cordova, EdD Assistant Professor in the School of Kinesiology, Nutrition, and Food Science, Cal State LA | Topic: Benefits from physical activity participation, including features that promote resiliency with Dr. Anne Larson



Amber Gravelly Diversity, equity and inclusion practitioner and director of Student Opportunities for Success (S.O.S.) | Topic: Self-regulation skills to help manage emotions and support academic success



Lawrence Jackson Retired-Athlete and Social Entrepreneur | Topic: Overcoming Depression and Suicidal Ideation



Anne Larson, EdD Professor of Kinesiology/Senior Associate Athletic Director, Cal State LA | Topic: Benefits from physical activity participation, including features that promote resiliency with Dr. Sierra Cordova



Kaveri Subrahmanyam, PhD Associate Dean & Professor, Psychology, Cal State LA Associate Director, Children's Digital Media Center, Los Angeles | Topic: Optimal ways of using technology (including computer/video games, e-books, and social media) to support children's and youths' physical, cognitive, and psychological well-being



K-Rahn Vallatine Author and Training Consultant, Trauma Informed Care | Topic: Impacts of community trauma, the importance of self-care (along with practical self-care suggestions) and reducing the stigma of mental health support.



Julie Ward, 100% plant-based, certified ACE health coach | Topic: how nutrition can support and build both mental and physical health from a plant-based perspective.

Moderators

Dr. Scott Bastian Director – Student Support Services, Inglewood Unified School District

Bryce Fluellen Community Impact Director, American Heart Association



American
Heart
Association.

INGLEWOOD



ACTIVE COMMUNITIES



Conversación Virtual

Como construir resiliencia en tiempos difíciles

Jueves, 25 de junio de 2020

5:00 PM

Haga clic para registrarse:

<https://bit.ly/InglewoodTownHall>

Únase a nosotros en una conversación para ayudar a nuestros hijos a desarrollar las habilidades sociales y emocionales que necesitaran para enfrentar los desafíos de la vida actual y futura.

Si tiene alguna pregunta, envíe un correo electrónico a Carolina.Barahona@heart.org o llame a 818-636-8266.

Conversación Virtual: Como construir resiliencia en tiempos difíciles

Jueves, 25 de junio de 2020

Únase a nuestro panel de expertos para una discusión muy necesario sobre herramientas y estrategias que ayudan a apoyar y proteger nuestra salud mental y física durante estos tiempos difíciles.

Panelistas



Sierra Cordova, EdD Assistant Professor in the School of Kinesiology, Nutrition, and Food Science, Cal State LA | Tema: Una instantánea de los beneficios de la participación en la actividad física, incluidas las características que promueven la resiliencia con Dra. Anne Larson



Amber Gravely Diversity, equity and inclusion practitioner and director of Student Opportunities for Success (S.O.S.) | Tema: Habilidades de autorregulación para ayudar a controlar las emociones y apoyar el éxito académico.



Lawrence Jackson Retired-Athlete and Social Entrepreneur | Tema: Superando la depresión y la ideación suicida.



Anne Larson, EdD Professor of Kinesiology/Senior Associate Athletic Director, Cal State LA | Tema: Una instantánea de los beneficios de la participación en la actividad física, incluidas las características que promueven la resiliencia con Dra. Sierra Cordova



Kaveri Subrahmanyam, PhD Associate Dean & Professor, Psychology, Cal State LA Associate Director, Children's Digital Media Center, Los Angeles | Tema: inquietudes/preguntas de los padres sobre las formas optimas de usar la tecnología (incluidos los juegos de computadora/video, libros electrónicos y redes sociales) para apoyar el bienestar físico, cognitivo, psicológico de niños y jóvenes.



K-Rahn Vallatine Author and Training Consultant, Trauma Informed Care | Tema: Impactos del trauma comunitario, la importancia del autocuidado (junto con sugerencias practicas de autocuidado) y la reducción del estigma del apoyo a la salud mental.



Julie Ward, 100% plant-based, certified ACE health coach | Tema: Como la nutrición puede apoyar y desarrollar la salud mental y física desde una perspectiva basada en plantas.

Moderators

Dr. Scott Bastian Director – Student Support Services, Inglewood Unified School District

Bryce Fluellen Community Impact Director, American Heart Association