

# Ongoing support for your children: Helping your children learn practical strategies to deal with distress and knowing what to do when more is needed.

<https://www.browardschools.com/recovery>



By Ian Witlen

## Free - Open to all families of the MSD Zone

**MARCH 4TH 4:30 - 6:30 PM**

**WESTGLADES MIDDLE SCHOOL (FREE PARKING)**

**Dr. Jim Gordon, Director of the Center for Mind Body Medicine in DC, and Dr. David Schonfeld, Director of the National Center for School Crisis and Bereavement at Children's Hospital Los Angeles will be joining parents on March 4th from 4:30-6:30 pm at Westglades Middle School.**

**Dr. Gordon will share information about the work of the Center for Mind Body Medicine in Broward County Public Schools and what is being taught to children in the MSD zone. He will demonstrate practical strategies for parents to reinforce what their children are learning (or can learn) about how to deal with distress. Dr. Schonfeld will answer questions about ongoing concerns that parents might have about their children and other families members, how to know when more is needed to promote recovery -- and how to access such supports. Please come prepared with questions and concerns.**

### MSD Zone

- Coral Springs MS
- Country Hills ES
- Eagle Ridge ES
- Heron Heights ES
- Park Trails ES
- Riverglades ES
- Stoneman Douglas HS
- Westglades MS