



**BACK TO SCHOOL**

# PRACTICE THE PAUSE VIRTUAL WORKSHOP



As we prepare to wrap up our summer and get ready to return to school, stress can start creeping up and overwhelming us as we still live through the pandemic. Learning how to Practice the Pause can help build emotional resilience.

**Join us for a free 30-minute virtual community workshop to learn how to apply Practice the Pause techniques to your everyday life.**

Let's connect to share helpful tips and coping mechanisms as we prepare to return to school and support the emotional development of children and families.

*Join us!*

**August 22nd @ 3:30 pm**

- OR -

**August 25th @ 12:00 pm**

**CLICK HERE TO REGISTER ON ZOOM**

*Practice the*  
**PAUSE**



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[practicethepause.org](http://practicethepause.org)