

# SUPPORTING PARENTS & CHILDREN AFTER A DISASTER



**WHEN:** Saturday, March 3, 2018 | 10:00am - 12:00pm

**WHERE:** Early Learning Institute, 311 Professional Center Drive, Rohnert Park, CA

**SPEAKER:** Dr. Vanessa Cobham, University of Queensland, Australia

**COST:** Free

The recent fires have had a profound and lasting impact on the entire Sonoma County community, including its youngest residents.

Parents and providers may be unsure about how to best respond to questions, emotions, and behavior following the fires.

Please join us for a presentation and discussion on how we can best support parents and their children.

The training will cover:

- How to manage children's emotions and behavior after a fire.
- Answering children's questions.
- Why some children are more affected than others.
- Common triggers that may cause distress.
- What you can do to help support parents.

## ABOUT THE SPEAKER

Dr. Vanessa Cobham's research focuses on anxiety and posttraumatic mental health problems in children and adolescents. Dr. Cobham is the lead author of clinician resources for working with children and adolescents post-disaster; as well as the parent-focused program, Disaster Recovery Triple P. Dr. Cobham has an international reputation in the fields of child and adolescent anxiety and posttraumatic mental health and has published and presented her research widely.

**RSVP ONLINE AT [CALPARENTS.ORG/AFTERDISASTER](http://CALPARENTS.ORG/AFTERDISASTER) (SPACE LIMITED)**

For more information contact Carla Denner at First 5 Sonoma: (707) 565-6626 or [carla.denner@sonoma-county.org](mailto:carla.denner@sonoma-county.org)

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