Another school year has arrived! Each year can bring a new set of challenges and obstacles that you and your family may face. The THRIVE Initiative has resources that can help you navigate the start of the school year and beyond.

**Blog Postings:**

- Establishing an After-School Routine
- Advocating for Your Child
- Your Child’s Extracurricular Activities: Too Much or Just Right
- Helping Your Child Navigate Social Mistakes
- Talking to Children about Germs, COVID-19, and Practicing Proper Hygiene (5210 Blog)
- Healthy 5210 Lunches for Back-to-School (5210 Blog)

**Harmful Behaviors: Recognize. Respond. Repair.**

This is a supplemental parent-education module that is designed to support parents and caregivers as they help their children understand how their behavior can impact themselves and others. This module also addresses unwanted or harmful behaviors, such as bullying, and offers suggestions regarding what children can do if they experience or witness these behaviors.
Thrive: Educational Series for Professionals
Session II of 2023

October 17, 2023: Trauma Informed Care for Helping Professions

Trauma-informed care (TIC) is a buzz phrase that is currently being used in many health and educational vocations and other helping professions. Join us as we discuss the six principles of TIC and examine how these principles can be integrated into practice, at the individual and organizational levels, to benefit a range of client populations and organizational personnel.

This session will be led by Dr. Tara Saathoff-Wells, Assistant Research Professor and Thrive team member at the Clearinghouse for Military Family Readiness at Penn State!

November 14, 2023: Anger Management Techniques and Strategies

Experiencing anger too severely or often can negatively affect one’s mental and physical health and their family and interpersonal relationships. Join us as we discuss a variety of mindfulness-based, cognitive-behavioral, and communication strategies that intend to help professionals and individuals manage and reduce their anger.

This session will be led by Dr. Chelsea Spencer, LCMFT, Research Assistant Professor, Kansas State University.