



Chula Vista Elementary Council of PTAs proudly brings you

A special presentation by

Chelsea Gould

CVESD Lead School Psychologist

“Breaking the Cycle of Challenging Behavior With Your Child”

- ✓ Are you feeling frustrated by your child’s behavior?
- ✓ Feel like you are in a constant power struggle with your child?
- ✓ Want to break the cycle and support your child while also holding them accountable and teaching them to self-regulate?



During this training you will learn about the impact of stress on the brain and how this can lead to the meltdowns you may be seeing at home. **Learn how to break the escalation cycle with both proactive and reactive simple strategies.**

WHEN: Thursday, February 7, 2019
7:00 – 8:30 p.m.

WHERE: Chula Vista Elementary School District Office
84 East J Street, Chula Vista
Room C

RSVP: chulavistacouncilpta@gmail.com