

## **K-8 Parent Guardian Night Resources**

We had a wonderful evening with over 150 families who joined us for our presentations and conversations this week related to college, middle school transitions, wellness, stress, executive functioning, and more. There was a wealth of information shared, and we hope you found it beneficial! Below you will find some resources and links to the presentations, in case you were unable to attend but still wanted the information, or if you wanted to see more presentations than you could attend. Feel free to reach out to any of the presenters for additional information.

### **Little Known Secrets to Paying for College**

Mark DeBord, CFP

[Presentation Slides](#)

[Presentation Recording](#)

### **Transition to Middle School**

*Elizabeth Meier Thornton, Counselor A-K*

*Andrea Salvo Counselor L-Z*

[Presentation Slides](#)

[Presentation Recording](#)

### **Emotional Regulation and the Brain**

*Adam Wilson, MA, PhD, LPC*

[Presentation Slides](#)

[Presentation Recording](#)

### **Executive Function During a Pandemic**

*Shelley Karpel, MSW, LCSW*

[Presentation Slides](#)

[Presentation Recording](#)

### **Keynote: Coping During Chaos - The Brain Science Behind Wellness**

*By Jamie Blackburn*

[Mindfulness Infographic](#)

[Presentation Recording](#)