

RESILIENCY ROAD TRIP

Join us for the “Resiliency Road Trip” series, led by Frank Kros. This series aims to empower adults who guide and nurture children by equipping them with practical and powerful skills to shape resilient minds. This is our first stop of six across Maryland.



SOUTHERN MARYLAND

Date: August 7, 2024

Location: College of Southern Maryland, The FA Building, 8730 Mitchell Road La Plata, MD 20646

*This event series is **FREE!** Drinks and snacks will be provided.*

SESSION 1: POVERTY SIMULATION

FROM 2:30-5:00PM

Join us for an immersive Poverty Simulation session that highlights how socioeconomic status affects thinking, feeling, and behavior. This experience focuses on the cognitive and emotional aspects of poverty, as participants engage with others to meet needs, form communities, and manage stress. Gain greater insight into the cognitive and emotional aspects of poverty and how those aspects impact behavior.

SESSION 2: ANXIOUS & DEPRESSED: EFFECTIVE SUPPORT STRATEGIES EVERY HELPING ADULT CAN PROVIDE

FROM 6:00-8:00PM

This workshop offers valuable insights into anxiety and depression, equipping participants with practical, effective, and safe strategies to support the children and adolescents in your life. These “no harm” strategies are practical, efficient, and effective tools to add to your mentorship toolbox, enhancing your confidence in helping kids navigate the challenges of anxiety and depression.



Frank Kros, MSW, JD, is a visionary child advocate, educator, and consultant with a deep commitment to trauma and resilience. As the Founder and President of Kros Learning Group, his lively presentations empower professionals with neuroscience-backed strategies.



SCAN THE QR CODE TO LEARN MORE AND REGISTER!



This event series is free thanks to support from the Maryland State Department of Education.