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# Family Leaders Collaborative Conference Improving Mental Health & Behavioral Support for Students Today

Saturday, April 20, 2024

Spalding Pastoral Center, 8:30 a.m. - 3:30 p.m.  
Peoria, IL

**KEYNOTE: Calm & Connection are Protection**, Elizabeth Frisbie

The past few years were traumatic for many, including our children and adolescents, who are experiencing higher levels of anxiety and depression than ever before. During this keynote, we will explore how relaxation, centering skills and positive relationships are powerful remedies for the challenges our children are facing. Tips, strategies and success stories will be shared so that school-based professionals and parenting adults can better support our youth and foster mental health and well-being at home and school the very next day.

## BREAKOUTS:

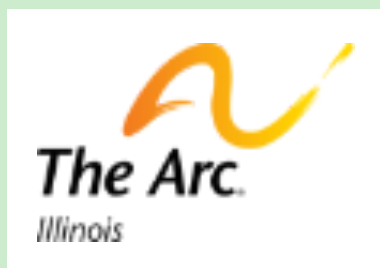
- Promoting Resiliency in Young Children with Special Needs, **Elizabeth Frisbie**
- Thoughtful Approaches to Foundational Needs: Sensory strategies for the classroom and beyond, **Marcie Huelsing & Alaina Brooks**
- Multi-tiered Systems of Supports in Schools 101: What parents need to know, **Dr. Brenda Lindsey**

Registration required, spaces limited

Register here: [Family Leaders Collaborative Conference 2024](#)



Family Matters PTIC logo, Pink Circle with small figures and stars



The Arc of Illinois logo, gold swish with black text



Heart of Illinois Down Syndrome logo, black ds letters connected to red and black heart



The STAR NET Logo, transparent background with blue letters and yellow star in middle



DeafBlind Project logo, connected hands in black encircling a burgundy star

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