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HEALTH & WELLNESS



Resiliency Within
Monday at 1 PM Pacific
August 16th 2021: Coping with Parental and Child Anxiety: Back to School.

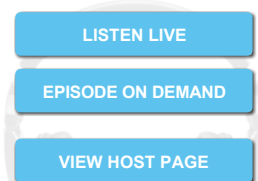
As children are returning to school, many parents and children are experiencing anxiety. The anxiety may be sparked as parents leave their children in the care of others with a nagging worry about Covid-19 and whether it can spread throughout a school. Parents who believe in vaccinating may be worried about children who live with non-vaccinated parents and how that could impact their children's health. Some parents may experience panic attacks and increased irritability. With the recent spread of the Delta variant, parents may feel more uncertain of whether to send their children back to

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Featured Guests



Susan Reedy

Susan Reedy is a licensed Marriage and Family Therapist with a private practice in Arcadia, CA. She is senior faculty and trainer for the Trauma Resource Institute teaching parents, caregivers, students, school counselors and faculty the Community Resiliency Model skills. Susan also specializes in Child-Centered Play Therapy and is a Level 2 DIRFloortime practitioner, having trained extensively with Stanley Greenspan and Serena Wieder. She enjoys working with families with children with developmental delays, autistic spectrum disorder, sensory regulation issues and trauma histories. Along with her private practice, Susan worked for thirteen years as a consultant at Mayfield Junior School, a

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Inez Tiger

Inez Tiger, is the Director of Wellness at The Rabbi Jacob Pressman Academy, an independent school in Los Angeles and a licensed marriage and family therapist. Inez has over two decades of experience working as an elementary and middle school teacher, Council facilitator and trainer, a middle school counselor, and middle school principal. As the Director of Wellness she coordinates and teaches the SEE (SEL) curriculum for K-8th grade; coaches teachers, students and parents; and affects school culture. In the past few years she has been diving deeper into the areas of self-regulation and trauma, and she became increasingly interested in Resiliency-Informed practices. She received training in

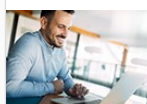
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