



# MCEC<sup>®</sup> Parent to Parent<sup>™</sup> Workshop

## EPISD Parent Workshop

### “Coping and Resiliency Skills”

Wednesday | October 7<sup>th</sup>

6:00 pm on Webex

#### Registration Details:

Use this link to pre-register, get an email reminder, and calendar invite:

<https://tinyurl.com/yxqyzkd2>

Meeting Number/Access Code: **146 169 1753**

Meeting Password: **episparent**

Meeting Call-In Number: **(408) 418-9388**

*\*Registration can also be done at time of event.\**

Virtual  
Workshop\*

*This workshop helps parents understand the basics of resilience with a strong focus on transitions and developing coping skills. It is based on Dr. Ken Ginsburg's 7 C's of Resiliency.*

All Parents and Children are Welcome!

The MCEC Parent to Parent<sup>™</sup> workshops share practical ideas, proven techniques and solid resources to support military-connected families.

Please email [parents@militarychild.org](mailto:parents@militarychild.org) for questions or support.



**MCEC<sup>®</sup>**  
Parent Programs

This program powered by Texas Education Agency<sup>®</sup>

Presented by MCEC<sup>®</sup> Parent to Parent<sup>™</sup> Educators

Team El Paso: [ptop.elpaso@militarychild.org](mailto:ptop.elpaso@militarychild.org)

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