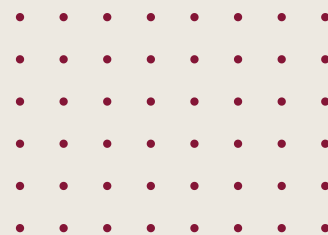


# UNTETHERED CONNECTIONS: NAVIGATING EMOTIONAL REGULATION, PARENTING, AND THE PATH TO HEALING



FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals

*Join Dr. Doug Bolton, clinical psychologist, educational leader, and author of *Untethered: Creating Connected Families, Schools, and Communities to Raise a Resilient Generation*, for an interactive exploration of the emotional challenges children and families face today. Through personal stories and practical strategies, Dr. Bolton highlights how understanding stress responses—not just behavior—can transform relationships at home and in schools. Participants will learn tools to foster emotional regulation, resilience, and connection throughout life's transitions, including parenting.*



## FRIDAY



**April 24, 2026**



**9:00 am to 10:00 am**

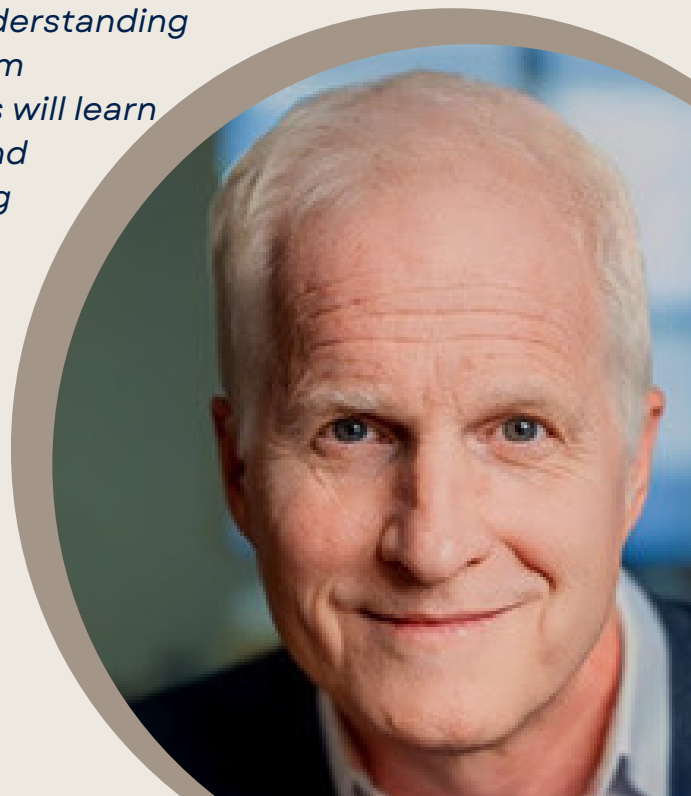


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**Doug Bolton, PhD**