

# Prescription for Toxic Stress: Calming the Limbic Brain

## Online Event

Required training paperwork and a link to access the training via Zoom will be sent to registered participants through email the week of the training event.

Please provide individual emails for each participant.

Participants **MUST** register in order to participate and receive a training certificate

## To Register:

Contact Cynthia Langston at 336-342-9676 or email at [cynthial@rockinghamkids.org](mailto:cynthial@rockinghamkids.org)

**Cost: \$5.00**

**Date: 6-24-21**

**Time: 6:30-8:30 pm**

**Contact hours: 2**

**Registration Deadline:  
6-17-21**



Come learn how adult caregivers can create environments that help calm the irritable limbic system and reactive stress response that occurs when toxic stress is experienced. We will examine key principles to help our brains calm down, including: protection, comfort, and structure. We all need these principles in our environment but they are critical for Infants and Toddlers.

Jennifer Anderson

Infant Toddler Specialist Region 11

[Jennifer.anderson@guilfordchilddev.org](mailto:Jennifer.anderson@guilfordchilddev.org)

336-355-1132