

Post Covid Stress on Teen Development:

A Roadmap to Helping students thrive during uncertain times

Launching with Social Emotional Learning Tools



Contact Us

info@PostCovidStress.com
+1 (818) 267 4282



Why this Seminar?

Today's post covid generation of teens are experiencing higher levels of stress, anxiety, depression and other social emotional challenges.

This timely seminar provides educators with a roadmap for moving forward and helping teens develop in the areas of:

- ✓ Self-management
- ✓ Competency building
- ✓ Mindful thinking
- ✓ Decision-making
- ✓ Social awareness – and more!

Educators will come away with the social emotional learning tools for tackling the most relevant issues confronting students today.



About Us

With over 45+ years of combined experience, **Eve Loren Goldstein, Psy.D.** and **Danielle Matthew, LMFT** have teamed up to create this profoundly important seminar.

Dr. Goldstein is a licensed psychologist and learning disabilities specialist who helps children and adolescents develop the skills necessary to feel comfortable and confident across home, school, and social settings. Dr. Goldstein is a clinician, executive functioning trainer, speaker, mental health advocate, and works bi-coastally as the director of Westchester Child Therapy in Scarsdale, NY, and Calabasas Child and Adolescent Psychology in Calabasas, CA.

Danielle Matthew is a Licensed Marriage and Family Therapist, founder of The Empowerment Space, bullying expert, and the author of The Empowered Child. She helps adolescents and teens who are struggling due to issues such as bullying, anxiety, severe stress, low self-esteem, and depression.

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