

View Ridge PTA Presents

# How to Heal Bullying: Staying Connected in Conflict

This two-hour workshop will provide real tools for YOU to prevent, resolve, and heal bullying situations. Help kids stay connected and regulated so they can problem-solve conflict with adults and peers!

Brains are designed to thrive in relationships, and big growth happens through conflict. Connection in Conflict tools protect you from power struggles and turn you into an ally for problem-solving, even during the most charged of circumstances in these stressful times for children.

In addition to learning Connection in Conflict tools, we will look at how they

- Help children heal from traumas, large and small
- Build children's abilities to self-calm and reflect under pressure
- Increase children's social and academic learning capacity
- Enable children to resolve their own conflicts equitably, even with siblings!

Betty Peralta, MIT, MSc, IMH-E® (III) Betty Peralta of Alta (Alternative Learning and Therapeutic Avenues) is an experienced therapist, teacher, and consultant, with a specialty in adult-child interactions. She uses the NeuroRelational Framework, Hand-in-Hand Parenting, and other disciplines to approach stress responses in children. She is skilled at setting children up to live their best lives by working with their caregivers, educators, and therapists. Learn more at [altavenues.com](http://altavenues.com)

Caregivers, parents, and  
community members  
welcome!

Two virtual sessions  
available!!

**Session 1: Saturdays,**  
April 2 and 9, 10-11 AM

**Session 2: Wednesdays,**  
April 27 and May 4, 7-8 PM

[Register Here](#)



<https://www.viewridgeschool.org/en/>