

Ridgewood Public Schools

Community Outreach Program

Managing Stress in Times of Chaos



Dr. Graham Erwin

International Association for Human Values

Wednesday, January 27, 2021

7:00 pm

The science of emotion regulation, how to cultivate psychological resilience in challenging times, and a short guided meditation. You will leave with evidence-based tools you can practice at home.

Dr. Graham Erwin is a Stanford Institute Post Doctoral Fellow in the Department of Genetics at Stanford University.



Virtual Event via Zoom
Register at
<https://tinyurl.com/y79tdygd>



Dr. Erwin will hold a brief Q&A after his presentation.