



## **CULTIVATING RESILIENCE: MENTAL AND EMOTIONAL HEALTH** HOSTED BY ASTREA RAVENSTAR & ANGELA STEINRUECK

Join us for an enlightening event hosted by Lower School Chair Astrea Ravenstar and Upper School Chair Angela Steinrueck. This engaging session will explore the philosophies of Waldorf education and how they foster resilience in our children. Attendees will gain insights into nurturing mental and emotional well-being, emphasizing the importance of a holistic approach that nurtures the mind, body, and spirit.

Through interactive discussions and practical strategies, participants will learn how to support children in developing coping skills, emotional intelligence, and a strong sense of community. Discover the transformative power of Waldorf principles in creating a nurturing environment that cultivates resilience and a love for learning. Be a part of this vital conversation and empower our children to thrive in an ever-changing world.

**FRIDAY, JANUARY 10 @ 8:30 AM**  
**LOWER SCHOOL DINING HALL**