WHO WE ARE

Mobilized by the loss of young lives to suicide, our work began a decade ago as a grassroots community resiliency project in the U.S. Midwest. In response to vast unmet needs for research-informed human resilience solutions, we organized as a nonprofit organization dedicated to “helping the helpers”. Today, we serve as a premiere global resource for convening resilience researchers and practitioners to create effective, actionable tools that equip parents and a diverse group of community helpers to honor their dedication to strengthening others, even through loss or trauma. Together, we can unleash the power of meeting each person where they are, remind them that they matter, and help them move forward, step by step, renewing hope, strength, and meaning along the way.

WHAT WE OFFER

This is not another professional learning session or training. Instead, our programming is designed to bring practical tools and resources to parents and caregivers wondering how to move through the demands of the pandemic without getting overwhelmed. Developed by parents and researchers in response to a survey of parents’ most pressing issues navigating their post-COVID world.

We are here to help you find your best answers to these and other parenting questions!

PROGRAM HIGHLIGHTS

- 10 Learning Videos – practical tips in bite-sized pieces (less than 20 minutes each)
- Interactive Workbook – full of exercises, work space, and resilience resources
- Resource Library – age-appropriate tools to help your child grow resilience
- Facilitation Guide – instructions for parents to support each other through the curriculum

Our goal: creating an environment where each person can thrive!
Pandemic Parenting™ Resilience Program
DEVELOPED FOR PARENTS BY PARENTS AND RESEARCHERS!

Module 1: Resilience in the Now Normal
Kick off our Pandemic Parenting series with Dr. Mollie Marti as she discusses:
- What resilience is and why it matters
- How to meet this moment as something new is taking shape
- Mindsets that grow resilience and well-being

Module 2: Self Beliefs
Stressful times can leave us with feelings of guilt and shame as we strive for perfectionism that isn’t possible. Module 2 is all about helping you:
- Identify negative beliefs about self
- Rewrite unhelpful thought patterns
- Understand and practice self-compassion

Module 3: Sitting in the Pilot Seat
When facing big changes, it can be easy to feel like things are spiraling out of control. In module 3, you can learn how to:
- Build up a sense of control and agency
- Let go of things that are outside your reach
- Take ownership of your life path and actions

Module 4: Living Alongside Crisis
Times of unpredictability and high demands can stir up high emotions. Module 4 covers:
- The process of emotion regulation
- Strategies to help keep yourself centered and calm
- Tools to not take on the stress or emotions of others

Module 5: Personal Wellness
How can we tend to our wellness when it feels like all we can do is just keep our head above water? Module 5 discusses:
- Wellness as a set of practices that build capacity
- Key wellness indicators to help you stay on track
- How to make wellness a habit, even when life gets crazy

Module 6: Trusted Relationships
You can’t hear this enough: at its core, resilience is about relationships. In Module 6, you’ll learn:
- Why trusted relationships matter in resilience building
- How to strengthen relationships for you and your child
- Tools for building trust in difficult times

Module 7: High & Flexible Expectations
The pandemic is shining a spotlight on the expectations you hold for yourself and for your family. Module 7 covers:
- The elements of creating high and flexible expectations
- Practical tips to adapt to the new context being created by the pandemic
- A process to set family expectations together to support everyone to thrive

Module 8: Social & Emotional Skills
Looking to help your child manage their emotions or concerned that the pandemic might be stunting your child’s social development? Module 8 will help you:
- Learn the basics of social and emotional development
- Navigate the helpful and unhelpful of online communities
- Help your kids practice social and coping skills – even in a global pandemic

Module 9: Fostering Meaning and Hope
With life as we know it changing in drastic ways, we can struggle to find meaning and hope in the day-to-day. In module 9, you will learn:
- How to work with the human brain and understand how it is hardwired
- Ways to help your child connect, create, and contribute to others
- The 4 steps to building hope

Module 10: Designing a Thriving Family Ecosystem
Beyond figuring out how to survive, we can think about the possibility of helping family members thrive, even through a pandemic. Module 10 helps you create an environment where each person can:
- Feel valued, seen, and heard
- Laugh and experience joy
- Flourish as an individual

Register for program access at:
PandemicParenting.WorldmakerInternational.org