



March 2023 Newsletter



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Staff Development

This month's podcast episode is "[How Systems Free Us & Community Lifts Us Up with Neil Pasricha](#)"

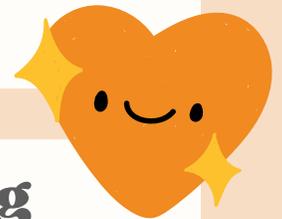


PEC Group

The [team here](#) takes a collaborative and positive approach to psycho-educational services.

Featured Articles

- [What are impactful ways to motivate middle and high school students with ADHD?](#)
- [How can worried parents help their children manage anxiety in healthy ways?](#)
- [Looking for different learning options that best suit your children in this post-pandemic world?](#)



Outside Learning

A selection of interesting articles from around the web. Click the underlined link to access.

Kids who do these 12 things have 'highly sensitive' brains—why parenting experts say it's an 'advantage'
[\(From CNBC\)](#)

A Self-Care Guide for Moms with ADHD Raising Kids with ADHD
[\(From ADDitude Magazine\)](#)

