

Presented by our SHPAC:

TITLE: Raising Resilient Kids in a Chaotic World: Support & Strategies to Calm, Connect, and Reclaim Yourself & Your Home

When: May 29 at 6.30 pm

DESCRIPTION:

Modern parenting is overwhelming — and somehow, we still get praised for pushing through the stress like it's a badge of honour. But what if there's a better way?

Join us for a real, practical, and slightly rebellious conversation about how to calm your child's nervous system (and your own), hop off the path to burnout, and transform your home from tightly managed chaos into a genuine oasis.

You'll hear powerful — and vulnerable — stories (including the one that changed our family forever), and leave with:

- **3 quick ways to reset stress** — for both you and your kids (yes, daily if needed)
- **The parenting habit we all get congratulated for** — that is utterly undermining our families
- **The exact process I used** to get unstuck when I didn't know what to do as a parent.
- **Why our grown daughter said to me, "Thank you for saving my life"** — what we did differently, and how it's played out 20+ years later
- **Simple tools to help your love for your kid(s) actually land in their hearts** — even through the noise, sass, and screen time
- Our **fridge-ready list of 25 calming hacks**, plus access to our go-to experts and favourite sanity-saving resources

This talk is for any parent who's ever felt like they're doing *everything* and still wondering if it's enough. You'll leave feeling grounded, encouraged, and more connected to what truly matters — with a few new tricks (and confidence) up your sleeve.

SHORT BIO: Lauren is a mother of two grown children (now 24 and 26) and a step-grandparent to a vibrant 10-year-old. Her journey into nervous system regulation began over two decades ago, when her once-happy three-year-old daughter suddenly began having intense, unexplained meltdowns. Feeling lost and desperate to help, Lauren embarked on a life-changing path to uncover time-tested principles of understanding and fostering optimal emotional development for our kids — the kind of wisdom few were talking about.

That experience transformed her family and deepened her belief that a parent's intuition is usually spot on, but drowned in all the "shoulds" of modern life. Today, Lauren is a certified coach and bioenergetic specialist, helping women and families trade burnout for vitality by identifying and releasing the hidden stressors behind chronic exhaustion and overwhelm. You can find Lauren at <https://www.lauren-power.com/>

Zoom link is here: <https://us06web.zoom.us/j/84547575953?pwd=cbbP1q1a577THAbOrIVx1Gczrh0vf.1>

Meeting ID: 845 4757 5953

People won't need the password if they have the link, but if it's needed: parents

Lauren

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