

# Stress at Home

## Positive ways to help yourself and your children

Stress is toxic, and its impact on home life can be intense. Join Dr. Sarah Enos Watamura, a psychologist who studies the physical causes of behavior, as she explains the surprising sources of stress on families with young children.

Dr. Watamura will talk about family stress, and why and how it can affect health and well-being. More important, she will share how parents and caregivers can use positive ways to create a calmer home environment and practical tips for handling stress.



Stress Early Experience & Development Research Center



### About the presenter

As a developmental psychobiologist, Sarah Enos Watamura, PhD, and her research team at the University of Denver study how young children manage stress and the consequences of stress on health and development. Her current work focuses on immigrant

families, offering a promising intervention for lessening the effects of toxic stress in young children.

Se proveerá interpretación al español

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Monday, May 22  
6:30 to 8 p.m.

LBCC Albany Campus –  
Forum Auditorium  
6500 Pacific Blvd. SW

\$5 suggested donation

### Free childcare!

Reserve your onsite childcare by calling 541-917-4899 or sign up at <https://tinyurl.com/henuqzf> by 5 p.m. on Monday, May 15. Sign-ups after that date accepted only if space is available. Please arrive early to drop off your children in the Calapooia Center at LBCC.