



*President's Bulletin – week of August 31, 2020*

*Robyn Mehlenbeck, PhD*

Dear Members, Trainees & Friends,

Hurricanes, wildfires, rising COVID numbers among our college students, shooting of an unarmed Black man in the back, in front of his kids. I don't know about you, but I am tired. I want to share an upbeat message as we end our summers and move toward Labor Day weekend. I know I am missing the energy I often have this time of year. We preach self-care, and yet there are days that are just simply hard.

On Friday, we had our monthly Board meeting call. We had lots of business to discuss, sharing updates on different aspects of our Society, sharing that we already have a great number of people registered for our Annual Meeting, discussing committee proposal requests and giving feedback on the new DEI Committee purpose & goals. However, it was seeing my colleagues on the Board, seeing Laura and Janice, our Degrnon team, and sharing things about how they are doing that helped energize me for this weekend. It was connection – with a goal of helping lead a society full of passionate professionals and trainees who are committed to helping children and families consistently – in easier times and in these truly difficult times.

**Annual meeting registration is open!!** Don't delay – register today! And for all of you who felt you missed out on one concurrent by attending another, now you can attend one “live” and stream the other! There are also focused interest tracks identified this year to help you navigate the content, great workshops (including our SDBP/NAPNAP symposium and the Teaching DBP workshop) and networking and wellness events. Plus, trainees registered for the annual meeting get one workshop FREE!

**[Click here](#) for more detailed information and to register!**

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## **SDBP CONNECT – SEPTEMBER DATES!**

### **Tuesday September 8<sup>th</sup> – 4pm EDT**

Join us and connect! This week we will keep the floor open to questions, comments, concerns.

### **Wednesday September 23<sup>rd</sup> – 12 noon EDT**

Topic - TBD

I hope everyone is able to relax a little across this upcoming long weekend!

*Warmly,*

Robyn Mehlenbeck

President, SDBP

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### **SELF CARE TIP:**

*Sometimes we all need a friend ...*

