



Please join us for a virtual presentation about how the pandemic has affected the mental health of our children. We will discuss strategies for dealing with stress and anxiety during this challenging time. We will also discuss ideas to help your child cope and manage social issues that may arise during remote learning.

Topic: How to support your child during Covid-19

Monday, December 14th at 7pm-8:30pm

Parents of children in K-5th grade session
Parents of children in 9th-12th grade session

Wednesday, December 16th at 7pm-8:30pm

Parents of children in K-5th grade session
Parents of children in 9th-12th grade session

Thursday, December 17th at 7pm-8:30pm

Two sessions for parents of children in 6th-8th grade

To sign up please click the link below

<https://www.signupgenius.com/go/70A044BADA72EA4FA7-parent>

You will receive an email with the link to logon into the workshop you have chosen.