

Parenting in a Pandemic

Thursday November 19th 6:30-8 PM

Presented by: Steven Lutes MSW, LICSW

School based therapist from NYFS at Sunrise Park and Central Middle School

The pandemic has been stressful for everyone, but parents especially. With managing job losses/changes , juggling distance/hybrid school, losing supports and outlets, you are likely feeling the effects. This presentation will offer affirmation of the amazing job you as parents are doing, tips for managing your stress, and practical strategies to help your kids navigate these times.

There will be time at the end for questions and answers

Please join us for this pertinent topic at: <https://meet.google.com/wzj-asvx-eka>