

PARENTING DURING COVID-19

5-12
years

COVID-19 has impacted families unlike anything we have ever experienced before. Most parents are facing new challenges with their children and trying to not *sink* but *swim*. This webinar will give you expert insight, advice, and tips for navigating through our changing environment and supply you with strategies the whole family can benefit from.

Topics covered included:

- Managing feelings of stress, anxiety, and uncertainty
- Tips to ensure effective communication
- Creating a calm home environment
- Mental Health Concerns
- Taking care of you



Bookings Essential @ <https://www.trybooking.com/BLDCV>

(Please note: upon booking you will receive a link for the zoom webinar)

Date: 7th September 2020

Time: 7:00-8:00pm

Cost: \$15 per family

