

Parent Workshop: Parenting During COVID-19

We know many people are struggling to balance work, childcare, home-based teaching, and parenting, in the face of the current pandemic. And, we know many parents are struggling with how to deal with these stresses as well as help their children manage worries. You don't have to do it alone. During this workshop, caregivers will learn:

- Strategies to help their child manage difficult feelings
- Concrete ideas on how to help children and parents cope and develop routines
- Ideas on how to talk to children/teens about COVID-19 and changes in school.

WHO:

Caregivers of children from elementary to high school.

WHEN:

Thursday, September 24th
6:00 PM -700 PM

WHERE:

Video Conference

COST:

Free - Donations optional

TO REGISTER, VISIT:

<https://www.austinchildguidance.org/news-events/event-calendar.html>

For questions, please call to leave a message with the receptionist:

512-451-2242

