



Supporting Students and Families During the Pandemic

Facilitated By:

Jeanne Marron, Ph.D., Clinical Specialist and Community Educator at West Bergen Mental Healthcare.

Please join us for the second of the virtual presentations on methods that promote well-being for all. There will be demonstrations and tips for enhancing wellness and you will learn numerous stress reducing strategies. Most of the techniques are applicable across situations and will serve to strengthen resilience throughout your family's lifespan.

Program Details

TOPIC: Overview and Strategies for K- 5 Parents and Caregivers

DATE/TIME: Wednesday, January 20th at 7:00PM

PLATFORM: ZOOM

LINK: <https://zoom.us/j/96742652514>

TOPIC: Overview and Strategies for 6-8 Parents and Caregivers

DATE/TIME: Thursday, January 21st at 7:00PM

PLATFORM: ZOOM

LINK: <https://zoom.us/j/93878965146>

LINK TO RECORDED PRESENTATION:

https://drive.google.com/drive/folders/1a8sjyPSTdS9DYyEzi2pW_qItft_k5JtX?usp=sharing