

HELPING PARENTS NAVIGATE THE NEW NORMAL:

SUPPORTING YOUR FAMILY'S MENTAL HEALTH THROUGH
QUARANTINE AND BEYOND

A WEBINAR PRESENTED BY
FAMILY BEHAVIORAL RESOURCES

During these uncertain times, it's natural for parents to struggle balancing work, child care and self-care. You don't have to experience this alone. During FBR's **free** webinar, parents will learn valuable skills to help children who are experiencing isolation from peers and school during the summer. Parents will also learn to identify skills that help their children manage anxiety, emotional regulation and sadness during this time. Our talented staff will share resources and practical tools that can be easily implemented at home.

DETAILS:

- June 24, 2020 | 6-7 p.m.
- Register here:
<https://communityinterventionservices.zoom.us/meeting/register/tJwtcemsqjojEtUpkOxGdk3VPm8J89jmwu0>
- For parents with children ages 4-11
- We encourage parents to pre-register and submit questions for a Q&A session at the end of the webinar.

For more information, please contact FBR at
(724) 850-8118 or
kmaikranz@familybehavioralresources.com.