



## Parenting Through the Pandemic

*Live Webinar/Q&A*

Wondering how to deal with daily routines, keeping kids motivated to learn, and managing overwhelm while sheltering in place?

Join us for a LIVE online webinar with Children's Hospital anxiety director Dr. Kendra Read and school counselor Lauren Hutchinson, LMFT.

We'll be covering:

- How to deal with anxiety, stress and overwhelm in both kids and parents
- How to create daily family structure, especially if you're working from home
- How to keep kids motivated to learn
- How to manage loneliness and social isolation
- How to manage tech time

*Sponsored by:*

# Parenting Through the Pandemic

*Live Webinar w/ Q&A*

Thurs, April 23<sup>rd</sup>

3:00 pm

Zoom access link will be emailed to registrants 24 hours prior to event

Register at

<http://ParentWiser.org>

*(Limited to 500)*

FREE for all registrants

For all PARENTS of K-12