



Parent-Guardian Connection Managing Parental Stress

Please register to attend this event

Join us via Zoom

<https://zoom.us/meeting/register/tJMoc-qtrz0uHteFZ9CzM2KFJcFDpToFH0Ja>

October 6, 2020, 5:30 PM

The session will be recorded.

Our upcoming Parent-Guardian Connection will
focus on the following topics:

The COVID-19 pandemic is a stressful time for parents and caregivers. It is easy to become overwhelmed. There is uncertainty, often times job loss, decreased social interactions, working from home, teaching our children and managing their concerns. Even families who were initially coping well are starting to struggle as the changes in our routines are lasting much longer than we originally thought. The good news is that we are all in this together. There are specific tools and techniques we can use to gain better control of our thoughts and emotions and help our children cope.

The Parent-Guardian Connection has been created to provide a virtual forum, where we can all connect. The Parent-Guardian Connection will provide you the opportunity to fellowship with parents and guardians across Pinellas County; to be supported, share resources, engage and connect.

For more information, go to www.pcsb.org/parentadvocacy or contact: Keosha Simmons, Parent Advocate-Pinellas County Schools, simmonskeo@pcsb.org

