



# Parent-Guardian Connection

Join us at our first meeting  
via Zoom

<https://zoom.us/j/96770454940?pwd=aUxyTTFHMUtzMkliK1EzNDZIUFk4dz09>

August 5, 2020, 5:30 PM

The topic for this meeting is:  
**The Emotional and Mental Wellbeing of our Children**

Our facilitator is Dr. Carleah East, Clinical Psychotherapist.  
Dr. East is the Owner of S.M.I.L.E. Psychology and Associates, LLC.

Dr. East will speak on the following topics:

- Parent concerns about the mental and emotional wellbeing of their children.
- Children dealing with isolation and depression during Covid-19.
- How to navigate “Hard Conversation” with your children.
- How to help parents and students with the participatory anxiety of returning to school.

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

For more information, go to [www.pcsb.org/parentadvocacy](http://www.pcsb.org/parentadvocacy) or contact:

Keosha Simmons, Parent Advocate-Pinellas County Schools, [simmonskeo@pcsb.org](mailto:simmonskeo@pcsb.org)