



## *Supporting Students and Their Families During the Pandemic*

*Facilitated By:*

Jeanne Marron, Ph.D., Clinical Specialist and Community Educator at West Bergen Mental Healthcare. Dr. Marron is responsible for developing and providing up to date mental health and wellness information to benefit the region.

*Please join us for this first in a mini-series of 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-8 Parents and Caregivers

**DATE/TIME:** Wednesday, December 16th at 7:00PM

**PLATFORM:** ZOOM

**LINK:** <https://zoom.us/j/97907241674>

❖ **Future Workshops:**

- 1/20/21 Additional strategies for your elementary age child
- 1/21/21 Additional strategies for your adolescent