



Join Us for a Free Virtual Community Forum

Coping with Stress, Anxiety & Depression in Times of Crisis

We understand life can be challenging while adjusting to a new pace during this time of uncertainty. We are here to support our community now and into the future.

Tuesday, April 21, 2020 / 6:30pm - 7:30pm

Who

This discussion is meant for parents, although teenagers are welcome to join.

What

Learn how to help your teen cope with stress, anxiety and depression during times of crisis. Also hear general facts about Coronavirus and tips on how to keep your family safe during the shelter in place.

Where

Live streamed to your own home via Zoom.

Register Now

RSVP Required. To register for this free event, please [click here](#).

Livestream information will be provided upon registering.

