



SUPPORTING OUR CHILDREN'S MENTAL HEALTH DURING COVID-19

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PRESENTATION DATES AND TOPICS

JOIN ZOOM MEETING

[HTTPS://US02WEB.ZOOM.US/J/88039627392?PWD=DVFTNFFLZU1CDVF6TKLHWNU4YKG5ZZ09](https://us02web.zoom.us/j/88039627392?pwd=DVFTNFFLZU1CDVF6TKLHWNU4YKG5ZZ09)

MEETING ID: 880 3962 7392

PASSCODE: 237266

MARCH 4 7-8PM

IDENTIFYING AND MANAGING ANXIETY AND
DEPRESSION IN CHILDREN AND TEENS

MARCH 11 7-8PM

UNDERSTANDING AND ADDRESSING SCHOOL
AVOIDANCE DURING THE COVID-19 PANDEMIC

MARCH 18 7-8PM

SELF-CARE FOR PARENTS: CARING FOR
OURSELVES AS WE CARE FOR OUR CHILDREN