



A NOTE FROM THE ELEMENTARY SCHOOL OFFICE

Dear Parents,

Ms. Hiromi and I can empathize with the challenges that you and your family may continue to experience during this time. As a counseling team, we want to maintain support in any way we can, whether it's through counseling sessions for your children via video chat, or providing resources. Recently, we did a webinar on how parents can reduce stress which we received positive feedback from some parents. As a supplement to the video, you will find attached to this letter, an infographic summary of strategies on how to reduce stress. You can also read the attached article "Parents Need Stress Relief Too" from the New York Times article, for more information. We hope this resource can be helpful to you and your family.

Sincerely,

*Mr. Frank and Ms. Hiromi
Elementary School Counselor
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 [Proven Ways To Reduce Stress-1.png](#)

 [Parents Need Stress Relief, Too.pdf](#)



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