

“BETTER TOGETHER” PANEL DISCUSSION

Connect. Learn. Share.

Help Your Child Navigate Through Challenging Times

Greenwich Community Organizations join forces with GPS in tackling pandemic related issues. Join us virtually (meet.google.com/utc-iqyd-pny) to learn more about how to best support students during these very challenging times.

Date: Monday, June 14, 2021

Time: 7pm-8:30pm

Meeting link: meet.google.com/utc-iqyd-pny

Panelists: Greenwich Public Schools, Family Centers, ShopRite Nutritionist, Jewish Family Services, Department of Human Services, YWCA, Boys and Girls Club

Please take a moment to view the videos prior to the Panel Discussion. The panelists will review the information shared in the videos and have a conversation about the topic discussed.

We welcome questions and comments. Our goal is to offer the opportunity for parents and students to connect and learn more about the community resources available.



[Family Centers – Click Here for the Video](#)

Stress Management - Learn more about how we react to stress and equip yourself with effective stress management techniques.

[ShopRite Nutritionist - Click Here for the Video](#)

Heathy Eating During a Pandemic- Learn healthy nutrition tips and a new recipe to help keep your family healthy during these difficult times.

[Jewish Family Services - Click Here for the Video](#)

Supporting Families During the COVID-19 Pandemic - How to effectively discuss with children during these difficult times to help them cope with anxiety and foster resilience.

[Department of Human Services Click Here for the Video](#)

Meeting Families' Needs During The COVID-19 Pandemic and Beyond - Learn effective strategies to meet your family's needs during the COVID-19 pandemic and beyond.

[YWCA – Click Here for the Video](#)

Cultivating Healthy Relationships During the Pandemic- Learn how to nurture healthy family relationships and the impact it has on our health and emotional well-being.

[Boys and Girls Club](#)

Keeping Yourself Healthy During the Pandemic - Learn some fun and interactive activities you can do with your children at home to help them exercise and stay fit. Click [HERE](#) for a list of activities (Well-Being Bingo) you can do at home.