

# Parents and Coping Skills: Building Your Own Toolbox



*Join us to explore coping skills essential for navigating the challenges of parenting. We will discuss common stressors faced by parents, the impact on family dynamics, as well as the importance of developing coping strategies. Learn interactive exercises, resilience-building techniques, and practical tips for integrating these skills into your daily life.*

*Presented by Jaclyn Bennett, LPC and  
Madalynne Martone, LSW, Behavioral Health Clinicians*

**Tuesday, May 14, 6:00pm**

**Zoom Virtual Webinar**

Pre-registration is required.

Visit [atlanticealth.org/events](https://atlanticealth.org/events) or call 1-800-247-9580 to register.