

The Impact of Stress: Strategies to Help

Date: Tuesday, January 26th

Time: 7-8:00 PM



This presentation is provided by the WCASD Mental Health Specialists. There will be a Q&A session after the presentation, so parents can receive valuable advice about any questions they may have. Community resources will also be provided, and specifics for dealing with these mental health issues during the COVID pandemic will be woven throughout the presentation. Topics covered in this presentation will include:

- Stress Reactions
- Stress Reduction
- Feeling Overwhelmed
- Ways to Manage Stress

Make sure to register at the following link:

<https://bit.ly/398GcEh>



The Zoom link for this session will be sent to you on the day of the presentation.