



Hosted by Moonachie School District

Join us for a virtual 1 hour

Parenting Workshop

Facilitated by CarePlus NJ, Child & Adolescent Clinician,

Abby Maitland LCSW.

Thursday, Nov 19th 7:00 PM - 8:00 PM

<https://www.gotomeet.me/AbbyMaitland/moonachie-parenting-workshop>

Please join my meeting from your computer, tablet.

You can also dial in using your phone. [+1 \(872\) 240-3412](tel:+18722403412)

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Guidance for Understanding and Helping Youth with Emotional Well-Being and Coping During COVID-19.

Topics include:

**The basics in understanding how coping during a pandemic differs from other stressors and can lead to trauma reactions in youth and adults.*

**How to identify signs of distress in ourselves as parents and our children*

**Strategies parents can implement to assist in managing grief, loss and staying socially connected in order to build resilience.*