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IMPROVING PARENT-CHILD RELATIONSHIPS DURING THE COVID-19 PANDEMIC

PRESENTED BY: FRANCHOTT COOPER AND BEHAVIOR SPECIALIST

Addressing anxiety and stress for families.

DATE: Thursday, November 12, 2020

LOCATION: <https://bit.ly/33CDy8d>

CALL-IN NUMBER: 313-462-2305

ACCESS CODE: 196 622 308#

TIME: 1:30 PM - 2:30 PM

MINDFULNESS AT HOME

PRESENTED BY: SARAH JARDINE, MICHELLE BUSBY, LATASHA WEBSTER

Mindfulness strategies and resources for parents to use in the home.

DATE: Thursday, November 19, 2020

LOCATION: <https://bit.ly/2GLT4Ww>

CALL-IN NUMBER: 313-462-2305

ACCESS CODE: 775 637 454#

TIME: 3:00 PM - 4:00 PM