

Marshfield SEPAC

Please join us for our next meeting

- When:** Wednesday, February 24th at 6:30pm
- Where:** Zoom (link to be sent the morning of the meeting)
- Topic:** Responding to Your Child's Emotional Needs During COVID
- Presenters:** Beth C. Hean, LICSW and Joanna Silverman M.Ed of Pilgrim Area Collaborative

Meeting:

Parenting is a difficult job, and it is even harder with the pressure that has been put on families over the last year. Many families are concerned about the emotional health of their children and the stress they are facing as they navigate life during a Pandemic. In this virtual workshop we will discuss how stress impacts children and will provide practical strategies caregivers can incorporate to support stress tolerance and emotional health during this time.

*Please **RSVP** to [HERE](#) if you plan to attend. Only the organizers can view the list of participants.*

If you have any questions please feel free to email us at marshfieldsepac1718@gmail.com.
