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**Promoting
Positive
Emotions**

Coping with COVID-19: Helping Your Child and Yourself

- Understand the "Corona Coaster" experience as it relates to human biology and psychology basics
- Identify common responses to stress
- Practice and discuss strategies to decrease stress and increase connection



Tuesday September 22, 2020

6:00 - 7:00 PM

Zoom information: <https://zoom.us/j/94190716400>

Meeting ID: 941 9071 6400

To reserve a seat, please RSVP on-line by clicking [HERE](#) or by calling/texting 479-721-1588. At least ten caregivers must RSVP for the session to be held. Emails will be collected only to provide presentation material.

Facilitated by
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& School-Based Therapist