

The Sewanhaka Central Council of PTAs and the Sewanhaka Central High School District are the proud sponsors of the See Saaw Program:

## Parenting During the Pandemic: What Every Parent Needs to Know



A panel of district professionals, including administrators, teachers, clinicians and counselors will share their expertise and work as part of the sub-committee under the District's Re-Opening Plan, addressing social and emotional learning and the critical importance of mental health awareness. This presentation will offer parenting strategies about how best to communicate with your child during these very challenging and difficult times. Specific topics covered will include:

- Impact of stress on the adolescent brain
- Remote learning: how to be successful
- Creating emotional & physically safe classrooms
- Addressing the social unrest with your child

**When:** Tuesday, October 6, 2020  
**Time:** 7:00p.m. Virtual Meeting  
**Where:** Presentation will begin immediately after the meeting.

Please join using the link below:

<https://meet.google.com/spx-xwxr-qgt>