

The Sewanhaka Central Council of PTAs and the Sewanhaka Central High School District PPS Office present the See Saaw Program:

## **Parenting During the Pandemic: Persevering and Moving Forward**

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The current pandemic has been called “a mental health crisis for parents” and a “collective trauma” for us all. All facets of our lives have been impacted. As parents, we worry about the impact this has had on our children’s education, as well as on their social/emotional well-being.

The discussion will include strategies that:

- Help decrease stress in your children
- Improve your child’s motivation
- Assist your children with engaging more successfully in remote learning
- Find a “silver lining” in all that we have endured

**When:** Thursday, January 14, 2021

**Time:** 8:00p.m.

**Where:** Virtual Meeting following the 7:00 pm PTA meeting

Please join using the link below:

<https://meet.google.com/fmb-ttjj-pbh>