

In collaboration with the Ridgewood Stigma-Free Task Force, Lukin Center for Psychotherapy presents:

# Parenting in the Pandemic: Building Resilience, Coping, and Connection Within Families



**January 6, 2022**

**8:00 - 9:00 PM**

**via ZOOM**

## Topics to be discussed:

- The impact of COVID on children, parents/guardians, marriage and families
- Emotional acceptance of the new reality we all live in
- Helping parents/guardians cope with the demands of caregiving
- Connection builders parents/guardians can implement to help children continue to navigate the pandemic
- Ideas for how to make the most of pandemic/ quarantine

**Register in advance for this webinar using the following link:**

**[https://us02web.zoom.us/webinar/register/WN\\_I2rWSpjkSHCxaF1FxFxijDw](https://us02web.zoom.us/webinar/register/WN_I2rWSpjkSHCxaF1FxFxijDw)**

**Questions can be directed to:**

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