

How to Navigate the New Normal:

AFTERSCHOOL SESSION FOR FAMILIES



WEDNESDAY
OCTOBER 21
7 P.M.

[Register Now](#)

Inspira's experts host a live virtual event to offer families help navigating through the new normal of remote learning during the COVID-19 pandemic.

TOPICS INCLUDE:

- *Challenges of remote learning*
- *Stress management strategies for yourself and your child*
- *Tips for self-care*
- *Available resources*
- *Live Q&A session*

PANELISTS:

Amy Mansue
President and CEO

David Moore
RN, MSN, BC
Executive Director, Behavioral
Health Services

Alka Kohli
MD, MBA
Executive Vice President, Chief Population
Health and Clinical Officer

Joseph A. O'Brien
MBE, LSW, LCSW
Social Worker



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