



Student Support Services, Student Wellness & Positive School Climate

Cultivating Resilience While Parenting in the Time of COVID-19

Being well improves our ability to navigate challenges as a parent. Being mindful of caring for ourselves helps us cope with stress, be flexible and better respond to stress and adversity.

THIS WEBINAR WILL HELP YOU:

- Understand the meaning and importance of wellness and resiliency
- Learn strategies to identify and cope with stressors
- Identify self-care practices that can lift spirits and calm anxieties during a pandemic



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt (858) 298-2075 at least 48 hours in advance.

San Diego County Office of Education

**Thursday, March 25, 2021
5:00-6:00pm**

Register for *virtual* training at:

<http://sdcoe.k12oms.org/918-199449>

Spanish Translation provided.
Traducción al español estará disponible.

For registration information, contact:

Amanda Holt
(858) 298-2075 or
email: amanda.holt@sdcoe.net



Participants may be photographed for use in promotional and/or news materials.

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