

CALM THE CHAOS!

***Tools to help your child (and you) not just survive
but thrive this school year.***

How can parents best support their children/teens with the ongoing stress and uncertainty of the pandemic? Working from home and overseeing remote learning --- while maintaining healthy relationships within the family --- are challenges so many are facing today. Join us to gain tools and strategies to help your family not just survive, but thrive this year.



Steve Parker will facilitate this conversation with child psychologist Heidi Hamernik, PhD; OPRFHS Special Ed teacher, Douglas Hill; District 97 school social worker Lori Janu-Chossek, LCSW; and PCC Wellness pediatrician Brooke Turnock, MD.



**with Steven Parker, Marriage and Family Therapist
as Panel Facilitator**

Thursday, Sept 24, 2020 | 7—8:30 p.m.

Link: <https://zoom.us/j/93567350158>

All *THRIVE TALKS* are open to the public and free of charge.