

# Building Resilience During a Pandemic

with Dr. Doug Bolton

Parenting has always been difficult and COVID-19 presents unique challenges. This is an important opportunity to teach and model resilience. Clinical Psychologist, Dr. Doug Bolton will share strategies that will help our families build resilience to effectively manage stress now and in the future.

[Register Here](#)



Community Parent Network Presents

Tuesday, September 22 - 7:00 pm



COMMUNITY PARENT NETWORK  
Empowering Parents