

Managing Stress During Coronavirus: Tips for Parents and for Parenting our Kids

Tuesday, November 10 @ 7pm via Zoom-[Meeting Link](#)

Please join Jennifer Goss, MA, NCC, LCPC, CCTP of Living Pono Counseling and Dr. Victoriya Tsaran, PsyD, LPC of Progressive Psychological Healthcare for tips on managing both your stress and that of your children as the Coronavirus crisis moves into the winter months. Following their presentations, there will be an opportunity for Q & A moderated by Elena Silberman Scott, MA, LPC, CADC, CCTP.



Dr. Victoriya Tsaran is a licensed clinical psychologist. She completed her undergraduate studies in Psychology at Loyola University, and completed both her Master's and Doctoral Degree in Clinical Psychology from the Illinois School of Professional Psychology in Schaumburg. Currently, Dr. Victoriya Tsaran is the owner and clinical director at Progressive Psychological Healthcare, a private practice in Buffalo Grove.



Licensed since 2011, Jennifer earned her Master's Degree in Community Counseling from Argosy University in Schaumburg, IL. Upon graduating, Argosy accepted her into the Counselor Education and Supervision Doctoral Program, followed up in 2019 with her Ph.D. Training in Counselor Education and Supervision at Adler University, Chicago, IL.

For more information on the speakers and the practices, click on the links below:

<http://www.livingponocounseling.com/>

<https://www.propsychhealth.com/>