



Parenting In A Pandemic

HRS Community Forum: A time to come together to support parents, family life and community

Who: Parents of children in kindergarten through 5th grade

When: Wednesdays at 2pm beginning 5/13/2020

Time Frame: 60 minutes / 8 weeks

Modality: Zoom telehealth group

Registration: groups@hrshelps.org

Parenting young children during the elementary years brings both joy and challenges at the best of times. An unprecedented pandemic like COVID 19 only exacerbates the challenges of parenting, adding increased stressors and uncertainties to parent's lives. Join a small, intimate group of parents in supporting one another and building community during this time. The group will be facilitated by a licensed psychologist and clinical social worker through HRS. We will explore a range of topics including practices around building structure and routine, self care and managing anxiety. A particular focus will be given to developing skills around mindfulness and adaptive thinking patterns. Together we will partner in helping our children and families thrive.

Clinicians: Marla Rosenbloom, LICSW, Donna Cvitkovich, PsyD

This HRS Community Forum is a public service created in response to the current COVID-19 pandemic. It is not a therapy group and, as such, not meant to provide therapy and or to cultivate a therapeutic relationship with the clinician(s) facilitating the group. If you are experiencing significant psychological distress or a mental health emergency, please consult with your current mental health provider or go to your nearest emergency room

