



Parenting Support Group

Participate from home

Facilitated by Meagan Herman, LCPC
& Chelsea Hayas-Keller, LMSW

Sessions start Wednesday, May 20.

Who: Parents ages 18+

When: Wednesdays, 2-3 p.m.

Where: Secure Video Conferencing

You will receive a link to participate after registering.

Parenting Strategies and Stress Management during COVID-19

Let's face it – parenting has never been harder. With school and work now virtual, cancelled activities, and limited contact with friends and neighbors, parents are understandably frazzled.

Join us for a **6-week online support group** to learn helpful parenting strategies and stress management techniques to get you through the COVID-19 pandemic.

During this course, we will cover:

- How to incorporate structure and develop a family schedule
- Stress management techniques
- Tips for helping both you and your children with mood regulation
- Helpful coping skills

Inquire about other groups we are offering: Anger Management Therapy; Living with Uncertainty: Coping with Anxiety & COVID-19; and Coping Skills.

Contact us at 301-663-8263 ext. 224 to learn more and register.

Participants with Maryland Medicaid are welcome.



Sheppard Pratt