Cultivating Resilience While Parenting in the Time of COVID-19

Being well improves our ability to navigate challenges as a parent. Being mindful of caring for ourselves helps us cope with stress, be flexible and better respond to stress and adversity.

**THIS WEBINAR WILL HELP YOU:**

- Understand the meaning and importance of wellness and resiliency
- Learn strategies to identify and cope with stressors
- Identify self-care practices that can lift spirits and calm anxieties during a pandemic

**San Diego County Office of Education**

**Thursday, March 25, 2021**

**5:00-6:00pm**

**Register for virtual training at:**

http://sdcoe.k12oms.org/918-199449

Spanish Translation provided. Traduccion al espanol estara disponible.

**For registration information, contact:**

Amanda Holt
(858) 298-2075 or email: amanda.holt@sdcoe.net

In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt (858) 298-2075 at least 48 hours in advance.

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