

Covid-19 - Parenting During a Pandemic



Learn How Our Brains Develop, Learn, and Behave in Times of Adversity and Stress

Calling all parents, grandparents, and guardians!!!

Learn the key components to building resiliency in our children and ourselves!

Enhance your parenting with strategies to regulate kids' attention and behavior and create environments that promote growth and development for every member of the family!

This session will focus on strategies that we can use at home to buffer the stress response that can often lead to conflict cycles and dysregulation.

Funding provided by the Cape May County Board of Chosen Freeholders



Dr. Lori Desautels
Assistant Professor
Butler University College of Education



Michael McKnight
Education Specialist
New Jersey Department of Education

Friday, May 29, 2020

Location: Zoom (choose 1 session)

Session 1

2:30 - 4:00 PM

Register At:

www.capeassist.org/parents1

- or -

Session 2

7:00 - 8:30 PM

Register At:

www.capeassist.org/parents2

Early registration is encouraged. Once registered, participants will be receiving the meeting links from Zoom. For any questions, please contact Natalia at Natalia@capeassist.org.

