

Coping with Stress and Anxiety During Pandemic - Parents with Young Children

**December 16, 2020
3:30 pm - 4:30 pm**

**For more information, please contact:
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Counsellor**

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**Registration Information:
Zoom – A link with a password will
be sent to registrants a day prior to
the session**



Outbreaks can be stressful and parenting during COVID-19 can be even more stressful. Join this virtual session and learn about:

- Resources for parents and children during COVID-19
- How to talk to children about COVID 19
- How to support children during COVID-19
- How can parents take care of themselves during COVID-19



**Client Eligibility:
Permanent Resident, Convention Refugee**



Immigration, Refugees
and Citizenship Canada

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et Citoyenneté Canada

*All of our programs & services are available at no
cost to eligible clients.*