Parenting through COVID, the holidays and beyond!

The Family Advocacy Program, Family Life Chaplain and Pediatrics Clinic are partnering to bring Military Families this Parenting Class.

**December 15, 2020 • 4–5:30 pm**

Class will be held via MS Teams. We will be discussing how parents can not only cope but thrive in this difficult time. We will discuss:

- How to support your children’s coping
- Helpful vs unhelpful coping strategies
- How to manage anxiety: your own and your children’s
- Managing the holidays as a family
- Self care and spirituality
- Medical concerns related to COVID
- Family resources

Please register ASAP if interested! Available to all parents both military and civilian. To register, please email Desiree Lowry at desiree.g.lowry.civ@mail.mil no later than COB December 14 with the following information: names and number of participants, working phone or email address. Once registered, additional information will be provided.

For more information call 831-242-7196 or email desiree.g.lowry.civ@mail.mil

www.facebook.com/POMNewParentSupportProgram/ • 24/7 Hotline Number: 831-206-2789