

# TRI-TOWN PARENT EDUCATION COLLABORATION

The Health Departments in Concord, Bedford and Carlisle, in collaboration with the Bedford Public Schools Counseling Department and Center for Parents and Teachers, offer a free parent education program:

## "NOW WHAT? HELPING FAMILIES MANAGE EMOTIONALLY DURING UNCERTAIN TIMES!"

Online webinar presented by nationally renowned author, speaker and therapist Lynn Lyons, LICSW

Children and teens were struggling with increasing rates of anxiety and depression prior to 2020, and this past year didn't help! Parents and caregivers need strategies to help children (and themselves!) manage the uncertainty of our current environment as we recover and move forward. This presentation describes the skills needed for emotional management including how to increase flexibility, tolerate uncertainty, communicate effectively and replace catastrophic thinking with problem-solving.

### **Session for Parents and Caregivers of High School Students**

**Wednesday, April 28, 7:00 to 8:15 PM - register here:**

**[https://bedfordps-org.zoom.us/webinar/register/WN\\_9FkApoH6QpGKlewlSUHGNQ](https://bedfordps-org.zoom.us/webinar/register/WN_9FkApoH6QpGKlewlSUHGNQ)**

### **Session for Parents and Caregivers of PreK - Grade 8 Students**

**Monday, May 3, 7:00 to 8:15 PM - register here:**

**[https://bedfordps-org.zoom.us/webinar/register/WN\\_dcbG1\\_UHRCe6RETCGBUMoQ](https://bedfordps-org.zoom.us/webinar/register/WN_dcbG1_UHRCe6RETCGBUMoQ)**

For more details about these programs, including full background information about our presenter, please visit: [www.centerforparentsandteachers.org](http://www.centerforparentsandteachers.org)

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