

Taking Care of Your Emotional and Mental Health While Parenting

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. By increasing our emotional resiliency and protecting our mental health, we have more energy to support our family.

**Audience: Parents/Caregivers*

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



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.

Please visit SDCOE's Health and Well-being web page for a list of all trainings and events: <https://www.sdcoe.net/students/health-well-being#fs-panel-20050>

Participants may be photographed for use in promotional and/or news materials.

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SAN DIEGO COUNTY OFFICE OF EDUCATION

Free Parent Webinar

Dec.15, 2022 – 6:00-7:00 p.m.

Register for virtual training at:

<http://sdcoe.k12oms.org/918-227405>

For registration information, contact:

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

Please note trainings are **not recorded*

