



SUPPORTING EMOTIONAL WELLBEING DURING THE PANDEMIC

A VIRTUAL DISCUSSION FOR PARENTS, CAREGIVERS & COMMUNITY ADULTS

WEDNESDAY, JUNE 3, 2020

7 PM - 8 PM

It is not uncommon to feel overwhelmed, exhibit behavior changes, or experience stress & anxiety during times of uncertainty. We are all trying to adjust to new routines and circumstances.

Join our conversation to learn practical strategies and approaches to support our own and our children's emotional wellbeing as we navigate our current world.

A presentation and sharing of resources by local experts will be followed by a live Q&A.

OUR PANELISTS

COURTNEY ARSENEAULT

EDUCATIONAL CONSULTANT, MAMA BEAR CONSULTING

JEN CUTLER

DIRECTOR, COUNSELING & SOCIAL-EMOTIONAL LEARNING, APS

JENNIFER WUELFING

DIRECTOR, ASHLAND HUMAN SERVICES

SHANNON AHERN

PROGRAM COORDINATOR, BEHAVIORAL HEALTH PARTNERS MW

ROSALIND BAKER

PROGRAM DIRECTOR, FRAMINGHAM FAMILY RESOURCE CENTER

MODERATOR

KRISTIN FRENCH

DIRECTOR OF PREVENTION OUTREACH/DIRECTOR, DAET

**CLICK HERE TO
REGISTER FOR THE
ZOOM WEBINAR**

Max capacity is 100 participants.
We anticipate spots will fill up quickly!

If you would like to submit a question prior to the event, please use this [Google form](#).

Questions: kristin.french@AshlandDecisions.org

