



## Managing Parental Stress And Virtual Learning

*A virtual support group for caregivers who may be experiencing increased stress during this time as they navigate multiple responsibilities, including assisting children with virtual learning.*

**WHO:** Any parents, grandparents, or other caregivers that are caring for children or assisting with virtual learning.

**WHEN:** Begins October 15 (Will meet virtually every other Thursday)

**WHERE:** <https://newvista.zoom.us/j/97366563235?from=msft>

**TIME:** 5:00pm - 6:00pm

**COST:** FREE

**CONTACT:** Call our 24-Hour Helpline at 1-800-928-8000 for more information.