



Coping with Children and Parent Stressors during the Pandemic

- Emotion Bingo -

Place an X on the Emotions you're feeling

Anxiety	Sad	Loved
Confused	Overwhelmed	Stressed
Calm	Fear	Happy

If you marked more than one box, we are here to help YOU.

Healthy Families Program
Families with children ages 0-12 years

Start date: February 1st

8 weeks (virtual only)

Once a week for 1 hour



Join us as we talk about:

- **Handling Stress**
- **Power Struggles**
 - **Setting Expectations**
- **And much more!**



Register NOW for our FREE classes.

Please contact Case Managers:

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