



**Parenting is hard!
Let us help!**

FREE Parenting Workshop

Coping With Stress

Are you feeling a bit overwhelmed?

Being a parent is busy and demanding and it is normal for parents and caregivers to feel stressed at times. Join us for a discussion and some suggestions that will help you learn how to manage day to day stress, so that you can act calmly and consistently with your children.

When: April 13, 2021

Time: 6 – 7:30p

Where: Virtual - link will be sent

If you are interested and would like to sign up, please contact Ms. Hayes, School Counselor at 614-491-8044 x 1317 to leave a private voicemail or message chayes@hlsd.org to **RSVP**

Gift cards for all participants

