

Coping Amidst Chaos

VASD Parent Webinar Series

2020-21

FACILITATED BY:

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Focusing on Foundations

7 starters for cultivating calm and self care

Tuesday, October 27, 6 p.m. (English)

Monday, November 2, 6 p.m. (Spanish)

Mixed Emotions

Strategies to help children cope with chronic stress

Thursday, November 19, 6 p.m.

(English with Spanish captioning)



VERONA AREA SCHOOL DISTRICT