



IN COLLABORATION WITH RAVENWOOD HEALTH, THE PARENT MENTOR
OF GAUGA COUNTY AND THE ESC OF THE WESTERN RESERVE
PRESENTS

"Restoring Resilience & Developing Strategies for Success"

Presented by
Natalie Smith, LISW-S, CTP
Ravenwood Health



Let's face it. This year has been challenging. If you are feeling stressed it is ok! Our bodies are reacting to the chronic stress of a year long global pandemic. I hope you will join me as we learn about the ways in which the pandemic has affected both parents and children. We will discuss ways in which the stress and anxiety of the pandemic can be used as a catalyst to foster positive changes, growth and resilience! Several strategies for managing stress and anxiety for all age levels of children as well as adults will be learned.

April 26, 2021

6:00 p.m. to 7:30 p.m.

Free and open to the public. Registration is not required.
Please click on the link to join the presentation via Zoom:

[https://us02web.zoom.us/j/82944249261?](https://us02web.zoom.us/j/82944249261?pwd=cmRESXc3ZUtnclZwdXlWekxWK3JwUT09)

[pwd=cmRESXc3ZUtnclZwdXlWekxWK3JwUT09](https://us02web.zoom.us/j/82944249261?pwd=cmRESXc3ZUtnclZwdXlWekxWK3JwUT09)

Meeting ID: 829 4424 9261

Passcode: 993945

Any questions?

Please contact Michelle Frygier at

<https://www.escwr.org/ParentMentor.aspx>

