

Norfolk, Plainville, Wrentham & King Philip Schools

presents

# TEENS, TWEENS & QUARANTINES

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## A VIRTUAL FORUM FOR PARENTS AND CAREGIVERS

Learn about the impact of COVID-19 on youth mental health and what parents and caregivers can do to provide support. Discuss practical approaches to parenting, the signs of stress, anxiety, and depression, and how we can help our youth navigate home, family, friends, and school, with plenty of time for questions.

Presented by Jon Mattleman, MS.

Tues.,  
May 19  
6:30pm

Questions?  
pearld@kingphilip.org

## To Register

<https://event.webinarjam.com/register/11/vo21lsr>

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