



NPSD Parent Networking Event

Join us virtually for a presentation
and conversation

Supporting Our Families during COVID-19: Coping with Depression and Anxiety

- ⇒ *Wellness and Resiliency* during difficult times
- ⇒ Breaking it down- Stress, Depression, and Anxiety
- ⇒ Strategies to help
- ⇒ How and when to seek treatment

November 12, 2020 6:30-8:00pm

Zoom Link: <https://zoom.us/j/95539357216>



Or scan here:

Questions???

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Facilitated by:

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