During these challenging times, please join us for a virtual “Parent Video Chat” facilitated by one of our GPS psychologists. Connect virtually with other parents in our community and learn effective strategies to manage personal stress and discuss relevant topics (how to establish routines at home, manage challenging behaviors, build your kids resilience). You can join whenever and stay for as long as you can. We are here to answer questions and provide support.

FACILITATORS:



Dr. Fabian A Boie

District Psychologist

Behavior Support Team

Parent Support Live Chat

**Themes:**

**December – Coping with Anxiety and Stress ManagementJanuary – Fostering Resilience at Home**

**Google Meet Link for all meetings meet.google.com/arm-hbjd-yvy**

**WHO**:



Ms. Jessica McEvily

District Psychologist

Behavior Support Team

* **ELEMENTARY**

Wednesday, December 9 at 7pm– [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

Tuesday, December 22 at 7pm - [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

Friday, January 8th at 11 am – [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

Monday, January 11 at 7pm - [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

* **SECONDARY**

Monday, December 14th at 7 pm - [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

Tuesday, January 5th at 7pm – [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

Wednesday, January 20th at 7pm - [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

Friday, January 29th at 10 am - [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)

* **ELEMENTARY AND SECONDARY IN SPANISH**

Thursday, December 17th at 7 pm – [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)  
Tuesday, January 26th at 7pm - [Click here to JOIN](http://meet.google.com/arm-hbjd-yvy)



Dr. Alina A Boie

District Psychologist

Behavior Support Team



***Directions***

In order to join this session, you will have to access the Google Meet Conference link shared with you. You can choose to open our camera or not. Once you join, please mute your microphone to avoid background noises-you can turn it on when asking a question or use the chat function to ask questions or make comments. Presenters will share with you additional resources and links after the session is over.