



Providing quality child and family mental health care since 1954.

COVID-19 RELIEF EDUCATIONAL GROUPS

FREE for Parents and Caregivers

English

CGC Now Provides 1-hour Educational Groups for Parents and Caregivers via Zoom

English Group Sessions Will be Held on Fridays from 12-1pm

1. Coping with Stress While Parenting during the Pandemic (10/23)
2. Recognizing and Responding to Stress and Trauma in Children (10/28)
3. Managing Stress for Healthy Relationships (11/06)
4. Integrating Healthy Habits to Mitigate Negative Impacts of COVID (11/20)
5. Connecting with Others While Social Distancing (12/11)

[To register click here](#)

*Space is limited to 15 participants per session. Please register early.

Español

El Centro de Child Guidance ofrece sesiones en grupo a traves de Zoom GRATIS para Padres y Cuidadores

Todos los viernes de 12 a 1 pm

1. Aprender a afrontar el estres de ser padres durante la Pandemia (30 Oct)
2. Reconocer y responder al estres y el trauma en los ninos (13 Nov)
3. Manejo del estres para relaciones saludables (4 Dic)
4. Integrando habitos saludables para manejar el impacto de COVID (18 Dic)
5. Conectarse con otros mientras se distancia socialmente (21 Dic)

[Para registrarse seleccione aquí](#)

*El espacio está limitado a un máximo de 15 personas.



TO REGISTER YOU CAN ALSO CONTACT:

PARA REGISTRARSE TAMBIEN PUEDE CONTACTAR A:



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