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MORRIS J. WOSK
CENTRE FOR DIALOGUE



PANDEMIC PARENTING

A MENTAL HEALTH SERIES

Learn practical strategies to help your children and teens cope with anxiety and stress during this time of uncertainty.



Dr. Deborah MacNamara

Dr. Deborah MacNamara

January 13, 2021 4:30pm - 6:00pm

Raising Your Child in a Digital World

The digital world is here to stay, changing our society in a way that has far-reaching consequences for our children. How do we prepare them to live in this new world and yet preserve what is required for healthy development to take place?

We will consider the digital revolution through the lens of developmental science, committed to helping adults help children reach their full human potential.



Dr. Ashley Miller

Dr. Ashley Miller

January 20, 2021 10:30am - 12:00pm

Pandemic Parenting: strengthening child and family resilience during COVID-19

How has the pandemic changed parenting and family relationships? Many parents describe feeling exhausted, irritable and worried about how to make life manageable for their children and for themselves. Dr. Ashley Miller will share practical strategies for improving child and parent mental health and nurturing relationships, even during these most difficult times.



Dr. Gabriela Ionita

Dr. Gabriela Ionita

January 27, 2021 10:30am - 12:00pm

**Parenting strategies for supporting your teen:
How to manage anxiety and stress during
COVID-19**

This parenting workshop will provide you with practical strategies that you can use to support your teen and help them manage anxiety and stress. You will learn what anxiety is, how it impacts your teen, and practical coping skills to support your teen.

To register please visit yourlibrary.ca/events and reserve your spot today!
You will receive a Zoom link to join the session.