

Parenting During the Pandemic: Challenges An Informational Webinar

Parents, please enjoy this wonderfully informational webinar sponsored by the Jed Foundation. The Jed Foundation (JED) is a non-profit organization that protects emotional health and prevents suicide for our nation's teens and young adults. JED partners with high schools and colleges to strengthen their mental health, substance misuse and suicide prevention programs and systems.

Due to COVID-19, families of teens and young adults have quickly shifted from in person to remote learning environments unexpectedly. The Jed Foundation offers this webinar to share expert strategies and advice for managing stress and helping caregivers help themselves and their children during this challenging time. The first hour features a panel of subject matter experts. The last 30 minutes will be a Q & A.

I was able to participate in this webinar and found it very helpful as I minister to college students and as I minister as a mom to my wonderful 11-year-old son 😊

The link to the webinar recording is here:

<https://www.gotostage.com/channel/jedwebinars>