

COVID-19 & Mental Wellness

An Interactive
Webinar



With Dr. Alicia Farrell, PHD

Thursday, May 28th, 7:00pm

- Recognizing signs of stress in yourself and your child
- Taking care of your emotional health in this time of uncertainty
- When to seek help and access mental health resources
- Time for question & answers
- Participants will be entered into a \$50 grocery store gift card give away

To register please email
dmiccinello@dmyfs.org by May 25th

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