

BALDWIN UNION FREE SCHOOL DISTRICT
AND BALDWIN COUNCIL OF PTAS PRESENT

PARENT ACADEMY WORKSHOP

“MANAGING EVERYDAY STRESS, EVERY DAY”

Presented by
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Vice President of Behavioral Health
PM Pediatric Care

WEDNESDAY, NOVEMBER 29, 2023
7 PM, VIRTUALLY VIA ZOOM

Growing up can be stressful for both parents and children. We all experience stress differently, which can make it challenging to figure out the right thing to say or do as a parent. Join pediatric behavioral health experts from PM Pediatric Care in this one-hour session that will give you tools to feel more prepared to handle stressful situations, and understand when it may be time to seek professional help. This event will be moderated by Stephanie Rengifo, JD, MS.Ed., Director of Curriculum, for Baldwin Union Free School District. ***All K-12 parents are encouraged to attend.***

IN THIS SESSION YOU WILL:

- Learn what typical thinking styles can actually increase stress
- Better understand stress signals that may be hard to see
- Leave with five top tips for communicating with kids
- Feel empowered to seek professional help if needed



SCAN HERE
TO REGISTER

REGISTER AND ATTEND VIA ZOOM

Click the Zoom link below or scan the QR code with your cell phone camera to register:

<https://events.zoom.us/j/9I5fMBNdJxGfiPBfnxq~AvZCkyPE7F429VbMNEcdfGoTV-NHm-u0TgPS1bwgXwzN6YVq47xD5VTzTA>

