

The Georgia Center for Resources and Support *presents*

“Calming Strategies for Coping During Uncertain Times”



Lynne Watts, Ed. S

Region 2 Virtual Training

****Please make sure to register all participants separately using different email addresses.****

[Click Here to Register](#)

Date: Tuesday, April 20, 2021

Time: 7:00 PM - 8:30 PM

Description:

Times have changed in ways that no one expected. Everyone has experienced loss and frustration. Anxiety is at an all-time high. How do you maintain calm in such an uncertain world? How do you parent children who don't understand the changes? Join us for Calming Strategies for Coping during Uncertain Times.



For further information contact: Amy Parmer, Resource Advisor: amy.parmar@gacrs.org or 404-550-2558 □
Visit our website: www.gacrs.org