

The Georgia Center for Resources and Support *presents*

Calming Strategies for Coping during Uncertain Times



Lynne Watts, Ed.S.



Virtual Training

[Click Here to Register](#)

****Please make sure to register all participants separately**

****Note only 50 participants can be added to this training**

Date: Thursday, October 22, 2020

Time: 12:00 PM to 1:00 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 Leading during Uncertain Times. Session includes the creation of a family mission statement.



For further information contact: Leslie Anderson, Resource Advisor: leslie.anderson@gacrs.org or 706-564-2633 □ Visit our website: www.gacrs.org