



wesley  
family  
services



**TUESDAYS**  
**9AM-10AM**  
**OR**  
**1PM-2PM**

# **TELEHEALTH GROUP TO PROVIDE SUPPORT FOR PARENTS & CHILDREN DURING SOCIALDISTANCING**

Goals will include: managing personal and child anxiety related to COVID-19, maintaining routines at home, self-care and coping skills for parents and children, talking to children about the pandemic in age-appropriate ways, balancing work and parenting, sensory activities for entertaining children, balancing school versus play.

**CONTACT CENTRAL ACCESS TO LEARN MORE**  
**412-342-2270**

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<https://wfspa.org>