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

TELEHEALTH GROUP TO PROVIDE SUPPORT FOR PARENTS & CHILDREN DURING SOCIAL DISTANCING

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

https://wfspa.org