

13 Things Mentally Strong Parents Don't Do in a Pandemic

Wednesday, March 10

6:00 p.m. - 7:30 p.m.

Do you feel burnt out and fed up with parenting? You're not alone. Maybe you feel like you're working double-time and still not seeing the academic results and social-emotional skills you want for your child. **At this free virtual event, you will learn how to give children the skills to deal with challenges by becoming a mental strength trainer yourself.**

DCSD is thrilled to share the wisdom of international bestselling author Amy Morin with our families. She is well-known in the DCSD community for her book 13 Things Mentally Strong Parents Don't Do. Amy will offer tips for supporting your child during the pandemic and offer poignant advice that will have relevance for all parents. This is going to be a meaningful and dynamic event you won't want to miss!

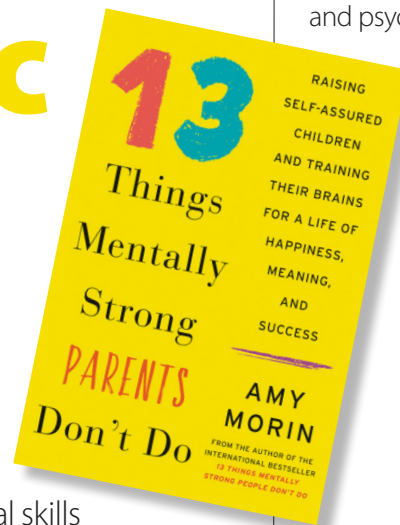
Become a mental strength trainer! 

**Click
Here to
Register!**



Amy Morin

is editor-in-chief at Verywell Mind, a licensed clinical social worker, psychotherapist, and psychology lecturer at Northeastern University.



Presented by:



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