

Parenting During Uncertain Times



Along with much of our daily lives, the way we parent has been upended by the pandemic. And with holidays coming up in the next few months, parents have also felt pressure to keep established traditions and create different ones to navigate our new normal. Families have faced constant loss, change, and uncertainty during these stressful times. This 3-part Parent Series will provide a space for parents to learn coping skills, share their experiences, and connect with others.

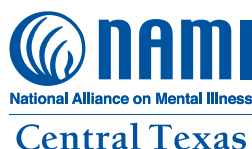
DATES: Thursday, November 12th | 6:30-8 pm
Thursday, December 10th | 6:30-8 pm
Thursday, January 21st | 6:30-8 pm

PLATFORM: Video conference

REGISTER: Visit <https://forms.gle/nfU1nhZK2UKnyNXUA> to register.

For more information, contact: groups@seekinstitute.org or call 512-518-2209 (please mention Seek/NAMI parenting groups).

In Partnership with



Vida Clinic		512.518.2209		info@vidaclinic.org		vidaclinic.org
NAMI Central Texas		512-420-9810		info@namicentraltx.org		namicentraltx.org