

Lunch and Learn: Stress and Coping Skills



Please join us for an interactive lunch-and-learn session for parents to help learn to recognize signs of stress and support healthy coping, learn hands-on skills to coach their child, and promote resilience within the family. Please choose from two options on Tuesday, December 6th at 12:30 or Thursday, December 22 at 12:30.

Topic:

Stress and Coping Skills

Speaker:

Speakers TBD

Date:

Tuesday, December 6th, 2022

OR

Thursday, December 22, 2022

Time:

12:30 - 1:30 PM

[Click here](#) to register for this program or scan the QR Code below with the camera app on your phone.



Questions? Please email:

CCMCCommunityOutreach@northwell.edu

FAQs:

Is registration required for this program?

Yes. Registration is required for this webinar.

When will I receive the webinar information for this program? The

webinar information will be sent to you after you register. Please do not share this information with others.