

Parenting During the Pandemic: Back to School Edition



VIRTUAL. IN PERSON. BUBBLES. PODS. MASKS. FACE SHIELDS. STRESS!

Despite knowing your child better than anyone, there are so many competing factors — it's hard not to ask, "Am I making the right decision?" More than ever, parents are struggling.

Join us THURSDAY, SEPTEMBER 24, 7 – 8 p.m.

for a conversation with Hope Pollock Seidel, MD and Tracy Levitt, MD* — physicians, Jewish moms, and life and parenting coaches — recently featured on *Good Morning America* and *The Holderness Family* podcasts.

They will address questions like:

- What is the most important thing we can do to help our kids during this challenging time?
- How can we make ourselves and kids feel better?
- How can we embrace the situations created by the pandemic?

Join the conversation and get help with today's parenting challenges.

To register, email info@jfsneny.org, call 518-482-8856 or visit jfsneny.org

You will be emailed a link/phone number to join the group via Zoom. If you need one-on-one help accessing Zoom, please let us know.

JFS runs a virtual parenting group every Thursday at 8 p.m., and it immediately follows this program. All are welcome! Please register separately at jfsneny.org/groups-2

**Hope and Tracy work one-on-one virtually with clients to provide a safe space for parents to learn to connect deeply and intentionally with their children. In their work, parents find more confidence in their parenting, more connection in all of their relationships, and more balance in their lives.*

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