

**CHD Counseling & Resources
for
Emotional Support Program
(C.A.R.E.S. Program)**



Virtual Group:

Parenting in the time of COVID19

In this 4 week group counseling program, parents will come together virtually over the course to:

- Discuss Parenting Style
- The difference between discipline and punishment
- Changes in parenting because of COVID
- Help and suggestions based on challenges because of the pandemic

Limit of 8 participants

Dates: December 8th– December 29th

Time: 7:00 pm –8:00 pm

Facilitated by: Antoinette Bell, LIMHP

This virtual group will be held over Zoom.

Paperwork in order to participate will be emailed to you after you register with the provided link. This must be completed and sent back to proceed.

Paperwork is due back 24hrs before the groups start date.

Sign up with the following link:

<https://www.eventbrite.com/e/parenting-in-the-time-of-covid19-tickets-130310071933>

This project or activity was supported by funding from the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) from the U.S. Department of Treasury and the Nebraska Department of Health and Human Services, CFDA Number 21.019.

