

The Timberline Middle School , Redmond Middle School
& Redmond High School PTAs Present:

Weathering Change Well: Helping Parents & Students Manage in an Evolving COVID Landscape

**Wednesday, November 3
6:30-8:00 pm PDT
Online Event**

Middle and high-school parents/caregivers are invited to attend this exclusive, online event to learn tips and tools for supporting your student in this ever-changing COVID world.

Learn how to:

- Recognize unique sources of stress
- Monitor tweens and teens for signs of stress, anxiety, and emotional difficulty
- Engage resistant tweens and teens in difficult conversations
- And much more!

To Register: <https://bit.ly/3vq5wQE>



Presented by:

Christy Keating, J.D.,
Certified Parent Coach ®



 **The Heartful Parent**
COLLECTIVE

