

Pandemic Parenting: Supporting Teen Mental Wellness

**April 8, 2021
7:00pm ET**

Register at



[www.familyaware.org/
trainings](http://www.familyaware.org/trainings)



**Families for Depression
Awareness** is a national
nonprofit organization
helping families recognize
and cope with depression
and bipolar disorder
to get people well and
prevent suicides.

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Participants will learn

- How the pandemic is affecting teen, parent, and family mental health
- Practical evidence-based ways to manage parental stress
- Managing communication and supporting teens and young adults

For Parents, Guardians, Family Members, Youth Workers, and Caring Adults Interested in Teen Mental Health. Watch the webinar live to submit questions to the presenter Dr. Archana Basu.

Dr. Archana Basu is a Psychologist and Instructor in the Division of Child and Adolescent Psychiatry, at Massachusetts General Hospital/ Harvard Medical School and a Research Scientist in the Department of Epidemiology at Harvard T. H. Chan School of Public Health. She conducts research using a developmental approach to understand how childhood adversities and protective factors shape children's health and development and affect both mental and physical health. As a practicing psychologist, Dr. Basu works with children and families to promote coping and resilience in the context of trauma and bereavement.