

Social & Friend Drama

HOW TO SUPPORT YOUR CHILD

Tuesday, February 21, 12pm-1pm

VIA ZOOM

More than ever, our kids are navigating drama amongst peers and friends. It's difficult to escape due to technology and social media, and it can have a significant impact on their mental health.

These struggles are challenging for parents too.

Join us and learn how to help your child navigate different scenarios, when to step up, and when to step back.



Featured Speaker:

Kate Stewart, LCPC

**LICENSED CLINICAL PROFESSIONAL COUNSELOR
AFFILIATES IN COUNSELING**

CATCH Lunch and Learns are supported by a generous grant from the Northbrook Woman's Club.

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