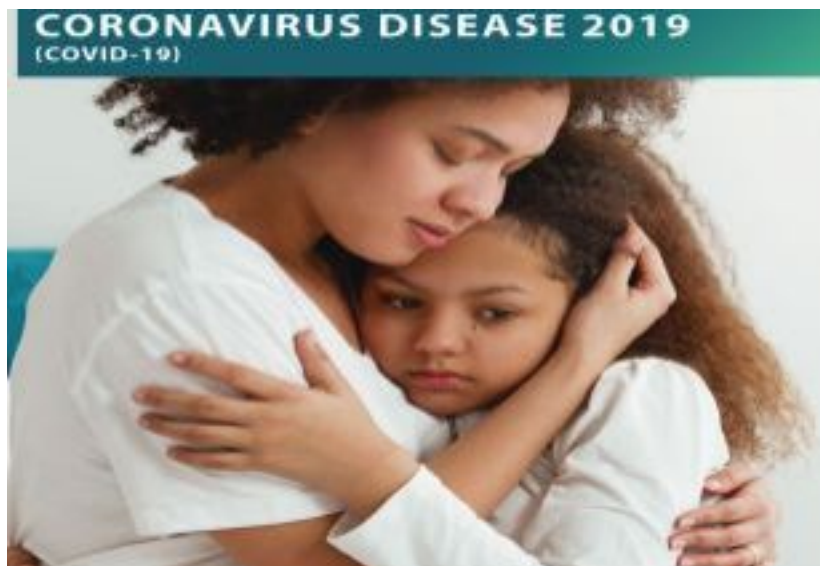




The Derner
Hempstead Child Clinic
Community Based Mental Health Services

PARENT SUPPORT GROUP

Coping with COVID-19



How to manage your stress and help your children cope

During this weekly group, we will

- Teach stress relief coping skills
- Provide grief counseling
- Provide ways for you to manage the stress and sadness associated with the effects of COVID-19

Thursday evenings at 5pm via Telehealth

Join Zoom Meeting: <https://adelphiuniversity.zoom.us/j/93906204651>