

RCRC PARENT ACADEMY

HELPING TOOLS SERIES

PRESENTS:

Finding Social-Emotional Wellness During Covid-19 for Ourselves and Our Children

DATE: JANUARY 27, 2021

TIME: 2:30 TO 4:00 P.M.

Please join us via Zoom or phone for the fourth presentation of our monthly RCRC Parent Academy helping tools series.

In this presentation, RCRC behavior consultant Denise Keller will be discussing the importance of creating and maintaining Social-Emotional wellness during this particularly trying time and will share some tips and tools for getting there. A discussion and Q & A period will follow.

You can join by following this link:

<https://us02web.zoom.us/j/82620571138?pwd=VzlkOXZScXRyLzEvYlplc2h4TzhjQT09>

Please RSVP by emailing or calling Denise: bctservices2@gmail.com (English) or Jennifer (Spanish): JGarcia@redwoodcoastrc.org

Questions? Call Denise 707-489-9972 or Jennifer (Spanish) 707 616-1976

Redwood Coast Regional Center

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