



# DeStress Mondays

A Workshop to Help Parents Help Students  
Stress Less in 2022

20 December  
4PM - 4:30PM

Register in advance for this meeting:

<https://nycdoe.zoom.us/meeting/register/tZUrcOiopz0qHN07U-YirXZY96zEE8DNJNTX>

THE  
**M**  **NDAY**  
CAMPAIGNS™