

Parent Chats with Latiana Wilson, MSW

School Mental Health Specialist @ SISCL



This school year has been tough for students and families. This is a new time. Parents are concerned about remote learning, failing academics, social isolation, depression, lack of self-care, and excessive gaming. These are pressing issues for many families.

Come chat with other parents and be each other's support. Parent Chats are open-ended group discussions to provide parents with an opportunity to discuss topics that they deem relevant.

Here are some of the topics that will be discussed during the Parent Chat Series:

- Staying on a structured routine at home
- Mindfulness and self-care for Parents
- Creative ways to keep kids engaged in virtual learning
- Excessive gaming and electronics
- Mental health for children
- Creating safe social opportunities
- Effects of social distancing
- Stress Management
- Giving back campaigns

Please use the Zoom Link below or dial in to join us for Parent Chats at **4PM** on the following **Wednesdays: March 17, March 24, April 7 and April 14.**

Web: <https://us02web.zoom.us/j/86211102108?pwd=dDZ2cndUSXpTR3ZlWkJMxCRyTXVXUT09>

Meeting ID: 862 1110 2108

Passcode: 145539

Phone: 1-646-558-8656

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Latiana Wilson, MSW, School Mental Health Specialist will be facilitating the Parent Chats to address concerns while providing a safe forum for all to share, recommend ideas/tips and learn from each other.

Stay safe, stay well, stay positive!