



Weekly Newsletter

Tuesday Technique: Coping with Quarantine Techniques & Helpful Links

Krippa Family Psychological & Wellness Services

-Stephanie Brekstad, LCMHCA



Free Webinars!

To help during these difficult and uncertain times, we are offering free online webinars for parents and individuals who need support and assistance managing their anxiety, depression, stress, trauma or chronic illness due to COVID-19. We want to help children and teens cope, offer skills, techniques, and resources for all ages and needs, provide support for individuals and families during quarantine and many more.

We will be updating those who have signed up with information about webinar schedules through the email used to signup.

You can also find information about upcoming webinars through the signup button.

Visit the link to signup and get more information about our free webinars!

[Signup](#)

Our first webinar is this Thursday 3/26! The link will be provided before the start of the webinar to the email address used to signup!

WEBINAR

Staying Sane through Quarantine

Mar 26, 2020, 02:00 PM

-

Mar 26, 2020, 03:00 PM

I'll be there!

Add to your calendar



The link to the webinar will be shared with those who signup through email.

Online Groups Enrolling!

In addition to our online individual sessions, we are also offering group sessions online! We have a number of groups open for online enrollment: Visit the links to learn more and signup!

Teen/ Tween Anxiety Depression Groups (14-16)

Cary: Wednesday @ 5pm

Pittsboro: Tuesday @ 5pm

<https://tinyurl.com/theshzt>

Chronic Conditions & Autoimmune Conditions Therapy Group

Cary: Monday @ 6pm

<https://tinyurl.com/sg56bso>

Social Club for Teens (14-16)

Cary: Every other Friday from 6-8pm

<https://tinyurl.com/yxumn8fj>

Social Club for Tweens (10-13)

Pittsboro: Every other Friday from 4-6pm

<https://www.subscribepage.com/o2v8q4>

Parenting Teens Psychoeducational Group

Cary: TBD

<https://www.subscribepage.com/r5p6p4>

Stephanie Brekstad-LCMHCA

Tuesday Technique-Coping with Quarantine Techniques and Helpful Links

During this unprecedented time in our history, we have all had to learn to adapt and cope in many ways. When parents have to adopt new roles while at home and children and teens have to adapt to their new environments, anxieties and stress can run very high.

Here are some techniques for coping with anxiety due to quarantine

- Take a slow breath. Continue slow breathing for 3 minutes.
- Take a break from watching the news or reading newspapers.
- Make a phone call you've been putting off.
- Try not to catastrophize a situation. The situation might be difficult, but it is much easier to handle as it is vs. making it a catastrophe
- Take some time outside
- Do an activity with your children or love one

- Create a schedule for your day and stick to it--this works for kids as well

Here are some helpful links for working with children:

Educational games K-12 <https://www.breakoutedu.com/funathome>

Free printable K-8 Reading and Math activity packs (available in English and Spanish) <https://www.curriculumassociates.com/supporting-students-aw...>

Online homeschool platform & curriculum for Pre-K to 12th grade. All main subjects are covered, plus extra curriculum courses.

<http://discoveryk12.com/dk12/>

Free printables library with activities for children 0-6

<https://www.littlesparkcompany.com/printables-library>

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