

CRE Title One Seminar Invite Reminder

Attention Parents and Caregivers:

We live in challenging times and we are stressed in many different ways. More people are juggling raising children, trying to support their academic needs, and/or taking care of aging parents while trying to meet professional obligations. People are looking for education and support in order to adapt to our changing world. We invite you to participate in a virtual "Address Stress" seminar. The Address Stress seminar encourages you to recognize signs and symptoms of stress and provides practical self-management strategies for everyday use. This one-hour seminar will provide a variety of techniques to help you care for mental health just as you care for physical health. We hope to see you on the evening of 4/27 from 6-7. Please use the information below to register for the Zoom event.

Seminar:

Wentzville Title One Schools Present:

Address Stress

Presenter:

Julie Geeting, LPC, NCC
Community Mental Health Educator
Mental Health America-Eastern Missouri

When:

Apr 27, 2021 06:00-7:00 PM Central Time (US and Canada)

Register in advance for this meeting: Zoom meeting-

<https://us02web.zoom.us/meeting/register/tZMLc-iorzspE9GSWBwSxJVLLbq4UeLUyH9N>

After registering, you will receive a confirmation email containing information about joining the meeting.

