

# Let's Talk About...

MANAGE

COPE

DEAL



Join Parenting Plus via Zoom for a  
Stress Management Parent Group  
Starting on February 16 at 11 am

#### Join Zoom Meeting

<https://us02web.zoom.us/j/85603119956?pwd=ZUVYT1FzSDFTajVRZVQ4NnRkdmdEVzZ09>

Meeting ID: 856 0311 9956

Passcode: 188522

#### OR DIAL IN:

+1 646 876 9923

Talk with Parent Educators and  
other parents to TAKE CONTROL  
OF STRESS SO IT DOESN'T  
CONTROL YOU!

**JOIN US EVERY WEDNESDAY AT 11 AM FOR SIX WEEKS  
OF STRESS MANAGEMENT!!**

