

# MANAGING STRESS AS A PARENT? LET'S TALK ABOUT STRESS SOLUTIONS!

Virtual trainings focusing on building resilience in parenting will be offered FREE of charge in partnership with the Strong Families Safe Communities grant & the Butler, Logan & Preble Co. Family & Children First Councils.

## Managing Stress as a Parent? Let's Talk About Stress Solutions!

Coping with stress when you're a parent can be a real challenge these days. Learn ways to assess and manage the stressors in your life through a variety of practical strategies that can decrease your anxiety and increase your peace.

Trainer: Pam Mortensen, Catholic Charities SWO

**When:** April 25, 2022 from 6:30 pm - 8:00 pm on Zoom

**[Register HERE](#)**

Questions? Contact Patsy Bolden at  
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