

FREE Webinar

Just Keep Swimming: Resiliency Skills for Parents

Tuesday, May 12 - 6PM CDT



Being a parent is one of the most difficult jobs there is under "normal" circumstances, let alone during a global pandemic. Join us to learn, develop, and sharpen skills that can help make this stressful time easier.

Presenters:

Kate Meyer, BA

Jada Hermann, BS

**Questions can be submitted
during the Webinar**

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(the link is also on our website www.hvmhc.org)**