



PARENTING GROUP ON STRATEGIES TO MANAGE CHILDREN DURING THE CORONAVIRUS

Many parents are facing the challenges of being home with their children and fulfilling different roles. Parents are now required to balance lesson plans, work and caregiving. This group will discuss strategies to help parents reduce stress while maintaining a routine. Tips and techniques will be provided by parents what has been working best for them.

**EVERY TUESDAY AT 11:00AM AND
WEDNESDAY AT 2:00PM**

Please call 617-774-0331 to sign
up and get a link to the online
group

MODERN ASSISTANCE
EMPLOYEE ASSISTANCE PROGRAM

EST. 1988

