

This is NOT a Drill

Courageous Conversations about Resilience & Parenting in the COVID Era

Join our community of mental health and parenting experts for a deep dive on all things impacting families as we navigate the pandemic, distance learning, and social unrest.



Joronda Montaña



Kristen Polin



Katey McPherson

- Are you concerned about your child's mental health?
- Do you secretly wonder what is happening behind closed doors on their devices?
- Are you questioning the long-term impact of today's challenges?
- Are you simply exhausted and burned out too?

YOU ARE NOT ALONE. LET US HELP YOU GET CONNECTED & PREPARED FOR THE LONG HAUL.

Attendees will hear practical tips on how to maintain structure; foster an environment of well-being and security; creative ways to change up the routine; and re-shape how we navigate this new normal. We will also introduce notMYkid's new online community of caring created *for* parent, *by* parents.

January 27 at 6:00 PM Arizona Mountain Time

[CLICK HERE TO REGISTER](#)

SPONSORED BY:

