

Supporting your Teen during COVID-19: Encore Presentation

What:

We will discuss ways that you can help your teen manage their anxiety and stress, as well as provide tools to help you cope with the stress of parenting during COVID19 and remote learning.



When:

Wednesday, February 24

6:00-7:00 pm

Where:

Join Zoom Meeting

**[https://issaquah-wednet-
edu.zoom.us/j/97367505623](https://issaquah-wednet-edu.zoom.us/j/97367505623)**

Meeting ID: 973 6750 5623

(No password required)

Presenters:

The Swedish School-Based Mental Health Counselors High School Team

Julie Schliebner, LICSW (Gibson Ek HS)

Sara Torelli, LICSW (Issaquah HS)

Summer Igaz, LICSW (Skyline HS)

Hillary Cohen, LICSW (Liberty HS)

NOTE: This is the same content as the presentation given on Nov. 17, 2020. There will be a 300 person cap. A recording will be available afterwards.