



PARENT EDUCATION EVENT

ROSA PARKS PTSA AND YOUTH  
EASTSIDE SERVICES PRESENTS

# COPING WITH DIFFICULT EMOTIONS

Stress during Covid and how to cope, distinguishing between stress and anxiety and sadness and depression, focus on self-care

Presenters: Mina Kirilov and Rowan Wakley

Questions: [info@rosaparksptsa.org](mailto:info@rosaparksptsa.org)

March 25, 2021 | 6.30 PM

Teams Meeting Link: <https://bit.ly/3qM1fU4>

