



PARENTING APOSTLES

Helping Teens Navigate Stress & Coping

Join us for a Zoom webinar offering a general overview of stress and coping strategies for teens. Learn how to validate your teen's emotions and provide support during challenging times. The session will conclude with a Q&A to address your questions and concerns.

Wednesday , October 9, 2024
7:00 PM

Led by Dr. Margery Arnold,
Association of Catholic Mental Health Ministers

CLICK HERE