

FREE Virtual Resource for ALL Caretakers

Winter is Coming

With the time change this week we are reminded that winter is on its way, and winter 2021 is likely to come with some serious challenges as we continue trying to navigate life amid Covid-19.



Winter is fast approaching. For many, winter can be a tough season to handle given the decrease in light hours, the cold and spending more time indoors. Many people feel their mood takes a dip at this time of year. Added to this is the unknown of how Covid-19 will continue to impact our everyday lives.

In this group you can expect...

- To meet other parents who are managing the same stressors
- To learn more about how to be proactive against the “winter blues”
- To learn how to spot the signs of Seasonal Affective Disorder and what to do about it
- To be validated and supported!

This group will be offered at 3 different times.

- ❑ Tuesday November 3 AT 7:00 PM, EST [CLICK HERE](#) PASSWORD: PARENTS
- ❑ Wednesday November 4 AT 7:00 PM, EST [CLICK HERE](#), PASSWORD: PARENTS
- ❑ Thursday November 5 AT 12:00 PM, EST [CLICK HERE](#) PASSWORD: P2PGROUP!