

MANAGING UNCERTAINTY:

A SERIES FOR PARENTS DURING THE PANDEMIC

Parenting Children with Mental Health Challenges During the Pandemic



A Free, Online
Community Education Program
with Presenter
Adam Russo, LCSW

Wednesday, December 9
7PM-8PM

Different kids need different things. Join us as we discuss how to adjust to a child's individual needs.

Parents' experiences with COVID are unique too. We'll share ideas on how parents can get aligned to better communicate with each other, and work with children to manage current challenges together.

About the Presenter:

Adam Russo is a Licensed Clinical Social Worker and Executive Director of Lifestance Health. He wrote the book, *Unwritten Rules: Real Strategies to Parent Your Child Into a Successful Adult*. Adam helps patients of all ages and specializes in treating people with depression, anxiety, and behavioral issues. He has extensive clinical experience in family therapy and frequently gives presentations on helping children become successful.

Please register for this Zoom event at
[ManagingUncertaintyforChildren.eventbrite.com](https://www.eventbrite.com/e/managing-uncertainty-for-children)

