

Parenting Strategies During the Pandemic

SJC Webinar Series

“How do I balance my child’s learning and mental health needs?”

“How do I stick with a routine?”

These questions sound familiar?

Have similar questions?

Just looking for parenting support during this very confusing time?

“How do I take care of myself when I have young children at home?”

“Where do I find good resources?”

JOIN US

at the Sheila C. Johnson Center
for a 1-hour “Tips for Parents” webinar!

Can't Wait! How Do I Sign Up?



Check Availability & Sign Up!

Go to: [sign up](#)



Need More Information?

Email Dr. Matthew Yoder at msy7m@virginia.edu



Have Other Questions?

Reach us at 434-924-7034