



The 3 R's:

Regulation, Routines and Relationships

Helping Our Kids Manage Stress During Covid-19

Tuesday, October 20th
6:30-7:15pm

sessions in both English and Spanish!

In partnership, Star Vista, SMFCSD, and SMFC PTA Council bring you a 45-minute workshop for families to help support kids and parents manage the stressors the Covid-19 presents. Part presentation, part panel discussion - we welcome your questions in advance!

RVSP and submit questions at:
<https://forms.gle/s8ASe5f6mbUg1Xs99>

PTA Council Parent Education Event
in partnership with **StarVista** and **SMFCSD**

