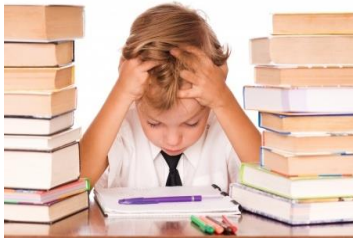


Lunch & Learn: Enhance Your Parenting Skills with Positive Parenting Webinars

WEBINAR #1:

Positive Parenting: Helping Your Child or Teen Manage Stress **Tuesday November 1, 2016 12- 1PM**



Growing up is stressful! School, family, extracurricular activities, & other commitments all add stress to your child, and we need to help them learn skills to manage the multiple demands and even enjoy their youth! Join us as we talk about ways that you can help your kids manage stress.

Register: <https://attendee.gotowebinar.com/register/8922824209384674564>

WEBINAR #2:

Positive Parenting: Taking care of you! **Tuesday November 15, 2016 12- 1PM**

As a parent, you have to manage many demands – and most parents don't take care of themselves at all. However, if you cannot manage your own stress, and take care of yourself, how can you take care of others? Join us as we discuss ways to manage your own stress and increase your self-care in realistic ways!



Register: <https://attendee.gotowebinar.com/register/983946736666315780>

Presenters:

Robyn Mehlenbeck, PhD, ABPP
Board Certified in Child and Adolescent Psychology
Director, GMU Center for Psychological Services

Eileen Long-Farias, LPC, CEAP
Education Program Director
The Women's Center

Contact from The Women's Center: **Lauren Spengler** – lspengler@thewomenscenter.org

Webinars brought to you free of charge by Patron sponsors CGI and Attain, LLC

