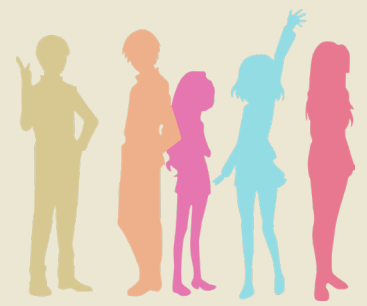


Join us online for 2021!

# HOT TOPICS

## for Parents of Teens



A continuing series to help Northern Michigan families connect

Forum #3-2020/21

## Helping Your Family Cope with COVID

During this forum, parents and caregivers are asked to bring their ideas, questions, and concerns to a participatory environment. Attendees will have the opportunity to ask questions and seek information from other parents, and also from professionals who work with children. Tips and tools, including mindfulness, to help pre-teens and teens cope with anxiety and depression during this continued time of disruption will be discussed.



Open to parents & the community

*RSVP requested*

**Wednesday, Jan. 20, 2021 ■ 7 p.m.**

**PRESENTERS:** Christine Carpenter and Rebekah Pedersen, Alcona Health Center ■ Hot Topics Committee and Lynne DeMoor, Health Department of Northwest Michigan



**NEW:** Please use the QR code at left to RSVP to this Hot Topics event; you will then receive log-in information via email. Simply hover over the code with your phone's camera and a link will appear; click the link to access the form. If you are viewing this document as a PDF, you can access the form by [clicking here](#).

Participate via [Zoom](#) at the following link: <https://us02web.zoom.us/j/84871279177>

Presented by Petoskey Public Schools, Emmet County Probate and Family Court, Alcona Health Center, and the Health Department of Northwest Michigan. Questions? Call (231) 348-2290.