



**Family Services of Westchester  
Family Strengthening Program  
Parent Support Group**

**Title:** *FSW Parent Support Group: Managing the impact of COVID-19 and the difficulties with online learning*

**Description:** The Parent Support Group is a four-week program. It aims to provide information and therapeutic modalities to manage the effects of COVID-19 and assist parents/guardians with online learning and behavior management. The group will cover COVID-19 CDC guidelines and safety practices, developing a successful learning environment for children at home, parenting skills and behavioral modification techniques, and tips on relaxation and stress management. The group is interactive, informative, and will focus on learning from one another.

**Date:** Every Tuesday beginning 10/27/2020. The First four-week program will be held 10/27, 11/03, 11/10, & 11/17.

**Online Platform:** Zoom

**Time:** 5-6PM.

**Presenter:** Monica Feig, LCSW, Kathryn Wechsler, LMHC, and Tesfa Spence, Fordham MSW Student.

**How to Register:** Please contact the Director of Early Childhood programs at Family Services of Westchester: Diana Cohen, LCSW [dcohen@fsw.org](mailto:dcohen@fsw.org), (914) 539- 1400.