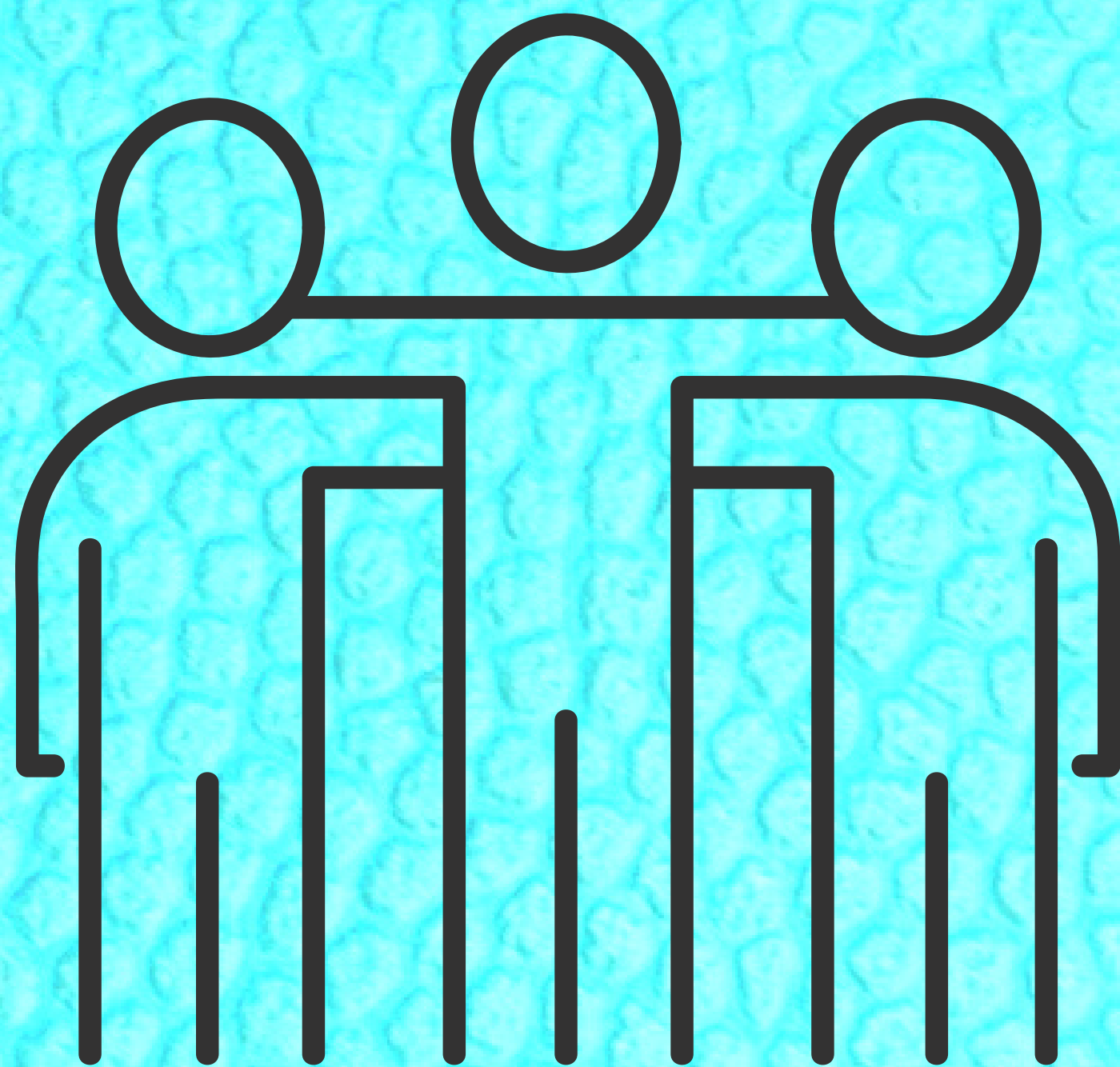


Pandemic Parenting Fatigue

A SUPPORT GROUP FOR
PARENTS WITH
PATRICIA HIDALGO, LCSW



Let it out & get the support you need!

Learn about ways to manage stress and to understand
your children's behaviors and what they might be
feeling and thinking in these 60 min sessions

Led by a psychotherapist with knowledge
and experience in family dynamics

Every Wednesday from February 9th to March 9th
from 10am-11am (no session February 23rd)
Attend one or all sessions

Join this 4-weeks support group for parents
impacted by the pandemic
and the stressors of everyday life

To participate come to the Guild Room inside
St. John's of Lattingtown Episcopal Church
325 Lattingtown Rd, Locust Valley

Email:

PATRICIAHIDALGOLCSW@gmail.com

for questions

Suggested donation \$10 per session

**OPEN TO
EVERYONE**