



## Stress Management during COVID-19: *A webinar for parents and caregivers*

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The COVID-19 Pandemic has put parents and caregivers under a tremendous amount of stress. From homeschooling to working at home while supervising children, they are being asked to do more than ever before. In an effort to help support parents and caregivers, The NYSPCC's Executive Director, Dr. Mary L. Pulido, will be hosting a one-hour **Stress Management Webinar** on **Thursday, June 18<sup>th</sup>, 2020 at 12:00 PM.**

Developing and maintaining a regular self-care practice is important in supporting overall wellness and managing the stress in our lives. Both our work and personal lives can suffer without self-care, not to mention our physical and mental health. The session will cover recognizing stress symptoms, positive reframing, coping strategies, creating a self-care plan and how to maintain it during the pandemic.

To register for this webinar, please visit:  
[https://us02web.zoom.us/meeting/register/tZwkfuGppjgJGdOsHiwxC4KSTHAmOU8w\\_lp-](https://us02web.zoom.us/meeting/register/tZwkfuGppjgJGdOsHiwxC4KSTHAmOU8w_lp-)



Mary L. Pulido, Ph.D., is the Executive Director of The New York Society for the Prevention of Cruelty to Children, the first child protection agency in the world. She has held senior management positions at the Child Protection Center of Montefiore Medical Center, the Children's Village and Covenant House. She is a member of the Medical Reserve Corps of the NYC Department of Health and Mental Hygiene and is a faculty member at Hunter College's Silberman School of Social Work. Dr. Pulido holds a Ph.D. in Social Welfare from the City University of New York and Master's Degrees in Social Work from Hunter College School of Social Work and in Teaching from Sacred Heart University.



Need more info?

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