

Online Seminar Series

How to Help Guide Parents and Children During COVID-19



Topics

- Alternatives and Activities for Young Kids
- Alternative Activities for Teens
- Healthy vs. Unhealthy Habits
- Cyberbullying
- How To Tell If Your Child Is Being Cyberbullied
- Communication: How to Engage and Inspire Parents and Children With Special Needs During COVID-19
- Setting Up A Routine
- Mental Wellness During Social Distancing
- Meditation and Mindfulness
- School Transitions
- How to Help Older Adults From Feeling Alone During Social Distancing
- Addiction 101
- Underage Alcohol Use
- The Truth Behind Alcohol (Information for Students)
- Facts and Myths about Marijuana
- Prescription Drug Abuse
- Vaping (Information for Parents/Guardians)
- Vaping (Information for Students)

Visit www.careofsem.com for the complete schedule

LOCATION: The Comfort of Your Own Home!