

FALL 2020 CCAMPIS/CALM Parent Talk Series:

Managing Stress During COVID-19: Strategies for Parents

(November 17th, 8-9pm)

Learn about the impact of a pandemic on your physical and mental health. Learn ways to mitigate the effects of stress so you can promote wellness and resilience in your family. Discuss with other parents how you have been managing stress.

CALM Presenter: Mariana Harms, MS, LMFT (Bilingual, English & Spanish)

Zoom link:

<https://ucsb.zoom.us/j/81406479868?pwd=MG1oN2VyL1RlaWltdEdZbTFRcElvQT09>

Managing Stress During COVID-19: Strategies for Helping Children of All Ages

(November 30th, 8-9pm)

Learn about how the pandemic may be impacting your child's physical and mental health. Learn ways to help your child manage stress related to COVID-19 and build resilience. Strategies for different ages (toddler, preschool, elementary, pre-teen, teen, special needs) will be discussed.

CALM Presenter(s): Mariana Harms, MS, LMFT (Bilingual, English & Spanish) & Jen Mundy, LMFT

Zoom link:

<https://ucsb.zoom.us/j/83811076805?pwd=N01GYWhSYlhOeVBKU01TdWc1cmExQT09>

Taking PRIDE in your Parenting: Tips for Managing 2-7-Year-Olds

(December 7th, 8-9pm)

Learn from Parent-Child Interaction Therapy trainer evidence-based strategies to strengthen your relationship with your 2-7- year old child, and also learn strategies to manage difficult behaviors.

CALM Presenter: Mariana Harms, MS, LMFT (Bilingual, English & Spanish)

Zoom link:

<https://ucsb.zoom.us/j/89484394907?pwd=MkhnelVYVWMvSzhxWUNCVHRsQy9KUT09>

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An Early Childhood Care & Education Services Program

Learn more about CCAMPIS at ucsbccampis.org

Learn more about CALM at calm4kids.org

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