



Part of a series of workshops by the  
Hicksville Public Schools Family Community  
Engagement Initiative.

# K-12 Community and Resilience Parent Workshop

Join us for a parent workshop and live Q&A session, led by Steve Chassman, LCSW CASAC, Executive Director of the Long Island Council on Alcoholism and Drug Dependence, Inc.

**This workshop will focus on ways to support your children in coping with stress and challenges related to the COVID-19 pandemic.**

The pandemic has made a major impact on our lives, and so many adults and students are facing challenges that can be stressful and overwhelming, which has caused strong emotions in adults and children. As a result, some people feel isolated and lonely, which can increase stress and anxiety. Join us in learning to cope with stress in a healthy way that will make you, your children, and those around you become more resilient.

**Date:** Monday, September 20, 2021

**Time:** 7pm

**Zoom Link:** <https://zoom.us/j/92561770252?pwd=ZkVQaW5ZL3YvY3VWU1ZFK204dzIxZz09>