



# Parenting in a Pandemic

*A free webinar for parents on navigating COVID-19 stressors*

**Friday, January 29 | 12-1 pm**

Struggling to manage your own workload and your kids' distance learning? Feeling burnt out by the non-stop duties of parenting in a pandemic? This free informational webinar, hosted by a Relate Counseling Therapist, will address these topics and more. For more information, please reach out to Lauren Abdill, MSW, LICSW at [labdill@relatemn.org](mailto:labdill@relatemn.org).

**No registration required; simply visit Relate's Facebook page at the designated time to watch the webinar.**



5125 County Road 101, Suite 300, Minnetonka, MN 55345 • 952-932-7277 • [relatemn.org](http://relatemn.org)

A Minnesota Nonprofit Organization