



Palm Beach County
 Youth Services Department
 Residential Treatment & Family Counseling Division
 Education and Training Center
 PRESENTS



Lunch & Learn

Understanding & Managing Parenting Stress

Presenter:

Megan O'Connor-Szuma, Ph.D.



REGISTRATION LINK:

[HTTPS://
WWW.SURVEYMONKEY.COM/
R/7VN96PZ](https://www.surveymonkey.com/r/7VN96PZ)

If you have trouble accessing the survey, please copy the link and paste it directly into your browser

Date & Location

TUESDAY,

MAY 14, 2024

12:00 pm—1:00 pm

ZOOM REMOTE VIDEO CONFERENCE

Once registration is confirmed, link to access the training will be provided

Description

This presentation aims to define and discuss the construct of parenting stress. It will explore the effects parenting stress has on caregivers as well as children in the home. Furthermore, attendees will learn different coping/self-care skills and other techniques to help them manage the effects of parenting stress.

— MAY —
MENTAL HEALTH
 AWARENESS MONTH



There is no cost associated with this program.