

wellness wednesday

Parenting Today's Kids & Teens

Anxiety, ADHD, Social Media & Mental Health

Wednesday, May 15, 2024
7:00 – 7:45 PM
Virtual ([click here to join](#))



Join us for an open conversation on being a parent in today's world. In this discussion-based session, we will review strategies, tools, and suggestions to help navigate the unique challenges of parenting today's kids and teens.

With parent coach, Alison Donoghue