

Parenting in a Pandemic: The Many Faces of Stress



Parenting has never been easy. Parenting during a pandemic? Even harder! Kids and adults alike are currently experiencing a great deal of stress.

Join parenting expert Erin Walsh, of Spark and Stitch Institute, for a humorous, brain science-based presentation that will help strengthen family connections and explore practical stress recovery and resilience strategies for kids and adults alike.

Wednesday, Jan 27th

7:00 - 8:00 pm (CT) via Zoom

No cost to attend

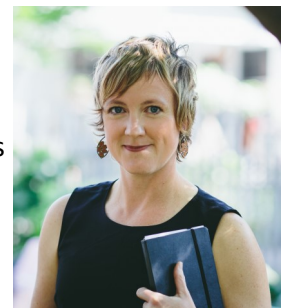
Register online at <https://bit.ly/3hYQjzt>
or call NDSU Extension Grand Forks County
701-780-8229

Link to registration at www.ag.ndsu.edu/pen

About Erin Walsh

Erin is a parent, speaker, educator, writer and co-founder of Spark and Stitch Institute. She has worked with communities across the country who want to better understand child and adolescent development and to cut through conflicting information about kids and technology. Her signature down-to-earth approach and sense of humor helps families and educators engage in complicated topics and leave feeling capable and motivated.

For more information on Erin and Spark and Stitch Institute, visit www.sparkandstitchinstitute.com.



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