

Commissioner Iris A. Siple and the Education Roundtable Forum together with the City of Pembroke Pines invite parents/guardians of school-aged children, educators and youth advocates to

RAISING POSITIVE CHILDREN

VIRTUAL

PRESENTATION SERIES

Parenting in the COVID-19 Age:
The Importance of Self-care

Wednesday, March 10, 2021 • 6:30pm



Guest Speakers:

Dr. Scott Poland, a Professor at the College of Psychology and the Director of the Suicide and Violence Prevention Office at Nova Southeastern University in Fort Lauderdale, and **Dr. Elizabeth Hilsman**, a Licensed Psychologist (Psy.D.) in private practice and an Adjunct Faculty Clinical Supervisor in the School-Related Psychological Assessments and Clinical Interventions (SPACI) clinic at Nova Southeastern University.



Our speakers will help empower parents by directly addressing the many and new emotions arising from the pandemic, and will outline the importance of self-care for adults and how to model coping skills for their children. The importance of parental presence in their children's lives, in modeling optimism and hope for the future, and in recognizing the need for mental health treatment will also be discussed.



For more information, please call 954-450-1030

To view virtual live presentation go to
YouTube (Pembroke Pines Media)