



## PARENTING IN A PANDEMIC

*Join us for this free weekly workshop for parents and caretakers to come together for support and to discuss the impact COVID 19 has on their lives and their community.*

To Access Group Info: Go to [www.sccs4kids.org](http://www.sccs4kids.org)  
**Calendar of Group Meetings:** Click on date/time for Zoom Meeting Link

Mondays 3:00pm - 4:00pm  
Wednesdays 5:30pm – 6:30pm



*We're all in this together*

How to better support you and your family's social, emotional, and mental health during COVID

How to talk to your children about COVID

Online Education Planning Tips & Daily Routines

Coping Skills- Helpful strategies for staying home and staying calm

### SOUTH COAST COMMUNITY SERVICES

Presented by

Kristine Fernandez, AMFT  
Matthew Cathern, MHS  
Bradlianne Dinsmoor, LCSW  
Aiisha Hawkins, MHS  
Gabriela Cibrian, LMFT  
Tannya Tobing, MHS

For Questions Contact:  
Amy Graves, LMFT  
(909) 303-2505 ext.466  
Jennifer Di Donato, LMFT  
(909) 609-6137



Behavioral Health

Services provided in collaboration with the San Bernardino County, Department of Behavioral Health and funded by the Mental Health Services Act (Proposition 63).

Rev 8/17