



Annoying ANTs vs Powerful PETs

Automatic Non-Supportive Thoughts



Positive Empowering Tools

Calming the COVID Chaos Dunloggin and Mount View Parent Support Workshop

- Are you dealing with more stress than usual?
- Are you juggling conflicting demands?
- Are you worried that virtual schooling will impact your relationship with your children?

If so, then join us:

**For a virtual Parent Workshop
On Thurs, October 29, 2020
From 6:00 – 7:30pm**

Google Meeting link: <https://meet.google.com/ykw-djxh-oax>

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