



FLORIDA VIRTUAL  
SCHOOL



# PARENT LUNCH & LEARN: HELPING YOUR CHILD COPE

**Date:** March 27, 2020

**Time:** 11:30am-12:30pm EST

**Location:** Virtual Webinar

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The Florida Diagnostic and Learning Resources System has partnered with the Florida Virtual School to present a session to support parents during this tumultuous and stressful time. Please join our conversation with mental health experts about best ways to talk with your children about COVID-19, in an age appropriate way. Learn tips for managing our own emotions while helping your children cope with the stress and anxiety of these uncertain times. Participants will gain knowledge regarding best practices and tips for helping their families cope with the mental distress of COVID-19.

**Register: [bit.ly/LL3272020](https://bit.ly/LL3272020)**