



Parent Chat:

# Ways to Increase Connection and Decrease Challenging Behaviors

Meet an Early Childhood Mental Health Consultant for tips on raising resilient children

**This is a difficult time for everyone and we are here to help. Children's Resource Center is offering a Parent Chat to share ideas and tips for parents as well as offering a Q &A time for parents to speak to an Early Childhood Mental Health Consultant.**

**Focused for young children through age 8**

**Thursday May 7, 2020 2-3pm OR 7-8pm**

**Use the link below to join:**

<https://zoom.us/j/3266793548>



If you have never used Zoom before you may be prompted to download the free app to your computer, tablet or smart phone before being able to join the chat.

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