



**HHH SEPTA General Meeting**  
Monday, October 26, 2020  
7:00 pm

Please join us for our virtual meeting.

# Parenting Through Crisis

**Guest Speaker:**  
**Laura Campbell**  
**Director of Education, Long Island Crisis Center**

This workshop focuses on how to lead ourselves and our children through a crisis. Join us as we discuss the collective grief our world is experiencing from the onset of COVID-19, and how to best help our children through this time of uncertainty.

We will learn the importance of modeling and understanding emotional regulation during times of difficulty. Strategies to build resilience and connection between parents and their children will be shared, as well as resources and how to access them.

The time is now to learn as much as we can, so that we may lead this generation of youth well.

Join Zoom Meeting

<https://us02web.zoom.us/j/2244267247?pwd=S0Mwc0hyQm1rRVdTYUVqODY5eWhBQT09>

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 224 426 7247

Passcode: 482336

One tap mobile

+16465588656,,2244267247#,,,,,0#,,482336# US (New York)

Meeting ID: 224 426 7247 Passcode: 482336

Find your local number: <https://us02web.zoom.us/j/kfJtk7l6o>

The presentation will begin after SEPTA general business is completed.

Any questions: Michelle Cooke, HHH SEPTA President  
[Cookemichelle39@gmail.com](mailto:Cookemichelle39@gmail.com)

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OCT 09 2020  
DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS

*Amu*  
*10/9/2020*