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HHH SEPTA General Meeting

Tuesday, December 3, 2019 at 7:30pm

Please join us at

The Fran Greenspan Administration Center

525 Half Hollow Road

Dix Hills NY 11746

Preventing Parent Burnout

Presentation by Parent to Parent of New York

Parenting can be hard work.

The emotional and physical demands involved with parenting can be stressful. Avoiding parent burnout requires real effort.

This workshop will provide information on how to develop positive ways to cope and effectively manage stress.

Everyone is Welcome!

For more information please contact Michelle Cooke, HHH SEPTA President at Cookemichelle39@gmail.com



HHH SEPTA

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DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

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