



hhhsepta.org

HHH SEPTA General Meeting

Monday, December 14, 2020

7pm

Virtual Zoom meeting

Preventing Parent Burnout

Presented 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!

ZOOM LINK

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

Meeting ID: 224 426 7247

Passcode: 482336

APPROVED FOR DISTRIBUTION
DEC - 4 2020
DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

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

Amme 12/4/2020