



Educa y Entretiene

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Nurturing Mom's Resilience Staying Positive During a Crisis

As a mom, you likely carry so many burdens during difficult times such as these. You may feel exhausted, stressed, and go through many emotions that are sometimes hard to handle and understand. Are you looking for ways to better cope with the crisis we're facing?

We invite you to a special bilingual Facebook Live discussion dedicated to our moms with Dr. Lorea Martinez, a Social Emotional Learning (SEL) Specialist, who will give us valuable tips on how to nurture resilience and keep a positive attitude— especially now when we need it the most.

Join us Wednesday at 6:00 pm EST / 3:00 pm PT discussion and have your questions ready. She will be answering in English and Spanish!

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<https://www.facebook.com/events/649368999242743>

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