



*Social distancing and COVID-19 got you down?  
Kids getting under your skin?  
Feeling stressed? Overwhelmed? Scared? Antsy? Bored?  
Struggling with online learning and screen time limits  
during this unusual time?*



Let's talk and try to help each other with new outlooks, coping strategies and creative solutions.

**Free COVID-19 parent community support/discussion ZOOM forum**

Thursday, April 2 7-8 pm

Friday, April 3 2-3 pm

**Discussion moderators:**

Susan Bauerfeld, PhD

Licensed Clinical Psychologist, Parent Coach and Educator, ADHD Coach  
Co-founder of Curious, not Furious: Skills for the Digital Age

Chris Parrott, BPS Chartered Counseling Psychologist

Co-founder of YourSelf Series & Curious, not Furious: Skills for the Digital Age

Janine Kelly, Esq.

Co-President, SPED\*NET Wilton  
Founder, Advocate Together, LLC

Ginna Yerrall, MSW

President, Wilton Youth Council Board of Directors

**Target audience:** Parents with children of all ages. Depending on the response to this initial meeting, we may offer future sessions with more specific topics, such as anxiety management, online learning, creating structure ...

**Content of discussion:** Please send an email to [susan@susanbauerfeld.com](mailto:susan@susanbauerfeld.com) stating your concerns and questions prior to the meeting. It can be as simple as "handling online learning" or as specific as "my child has a meltdown every time she has to put the iPad down after playing Minecraft." We will try to discern general themes and concerns and start the discussion with those. You can also participate without sending or asking a question ahead of time.

**How to join the conversation.**

By reading and agreeing to a participant agreement you can access the link to the Zoom meeting.

Click [here for the Zoom meeting on April 2 from 7-8 pm.](#)

Click [here for the Zoom meeting on April 3 from 2-3 pm.](#)

You may invite others to participate by sharing the link to this page; however we request that you DO NOT share the direct link to the meeting. The group will be more beneficial to all if everyone has read and consented to the participant agreement.