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HEALTH & WELLNESS



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Living the Challenge**
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**January 20th 2022: Encore Encore: Parenting in
fear in the time of COVID-19**

Parenting in fear in the time of COVID-19. We will discuss mindfulness methods utilize to reduce anxiousness and ourselves and then our children during this era of COVID-19. We will also discuss some good parenting techniques to help you get through some stress at this time



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Featured Guest

Guest Image

Lindsey Grizzle

Ms. Grizzle holds a Master of Science degree in Applied Behavior Analysis. Ms. Grizzle has worked with TOTAL programs for the last 13 years and has developed many of its in home behavioral programs. Ms. Grizzle teaches classes and workshops in applied behavior analysis and enjoys program evaluation and parent training. Ms. Grizzle is also the mother of 3 children and is quite in tune to the needs of mothers and fathers.

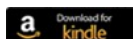
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