

After offering the on-line session “***Staying Mentally Healthy During the COVID-19 Pandemic***” to teachers and administrators, ASD-N’s John Fletcher will now be offering parents/guardians the opportunity to sign up.

At ASD-N, we realize that the evolving situation with the COVID-19 Pandemic has been quite stressful for all of us: educators, parents and students alike. To help with these uncertain times, we are offering a parent/guardian mental health on-line session on **Thursday, May 21st, from 6:00 p.m. – 7:30 p.m.** This session will cover the following topics: The Mental Health Trifecta, Sleep Hygiene, Calming Cognitive Distortions and Goal Setting.

To take part in this on-line session, parents/guardians will require an active email account and access to a laptop or desktop computer or a tablet.

If you are the parent or guardian of a child that attends one of ASD-N's schools and are interested in this session, please click the link below to sign-up.

The deadline to sign-up is Wednesday, May 20th, at 6:00 p.m. Participants will be contacted with directions on how to log in to the session.

The Parent Sign-Up Form can be accessed at:

<https://forms.office.com/Pages/ResponsePage.aspx?id=318rTdLEEUmHCWjML0Zcn2Txgx5QoTRGslxgKBhv5JZUREINUkFDTjRXN1BEVkJ9PRUVZUFixSDg3SS4u>