

**Please join us for a virtual presentation
coordinated through the Effective School
Solutions program**

**Thursday, March 18th
7 to 8:15 pm**

<https://effectiveschoolsolutions.zoom.us/j/94172308767>

Addressing Virtual School Stress and its Impacts on Parents and Caregivers

This presentation will discuss the challenges of virtual learning from a mental health lens, exploring the concept of virtual learning anxiety and its effects on executive functioning. We will explore strategies that parents, and caregivers can employ to provide children with the structure and support needed to reduce stress and enhance access to executive functioning skills. Participants will leave with an understanding of how mental health impacts learning, as well as steps they can take to improve their child's school performance.

Joyce Clark-Addison, MSW, LCSW is the founder and clinical director of JECA Clinical Services (private practice). She has over 30 years of expertise as a clinical Social Worker, providing psychotherapy, supervision, consultation, professional coaching, program development and workshop presentations. She currently is an academic instructor (Part Time Lecturer) at the Rutgers University Graduate School of Social Work. She spent the majority of professional career providing direct clinical management, oversight, and development of, several youth and family serving programs at Rutgers-University Behavior Health Care. She is an Advanced Nurtured Heart Approach trainer, as well as a presenter/ trainer for Effective School Solutions (ESS). She also provides clinical services/consultation at the Cathedral International Counseling center. Ms. Clark-Addison counts it a privilege to use her professional expertise as an opportunity to Help others Uncover their Greatness!