

**Please join us for a virtual presentation  
coordinated through the Effective School  
Solutions program for parents of children with  
IEPs**

**Tuesday, March 9th 7 to 8:15 pm**

<https://effectiveschoolsolutions.zoom.us/j/91096966800>

(Meeting ID: 910 9696 6800)

# **Supporting Stress, Excessive Worry, and Mental health During COVID 19 for Parents and Caregivers**

**This presentation focuses on ways parents and caregivers can support their children with stress, excessive worry, and mental health during COVID-19. Parents will leave this presentation with strategies that they can utilize at home to help promote positive mental health and emotional growth.**

Eva Brown is a lifelong educator who has worked with children and teenagers in public, private, and charter school settings as well as with parents and children who home-school. She is passionate about mental health care for young children and teenagers and loves supporting teachers and parents as they strive to understand and better care for youth struggling with mental health challenges. When not working, Eva loves to spend time with her husband, their three children and the family's seven pets and makes time for a "self-care nap" whenever possible!