



Arlington EAP Parent Support Group: Helping Parents Bring Their “Best Selves” to Their Children

Children, adolescents, and young adults are continuing to face adaptation to pandemic-related stressors over a year after we first learned about COVID-19. These novel challenges, along with normal child development, can contribute to parents feeling overwhelmed.



Safe, reasonable childcare, juggling to balance working at home with supporting virtual school, finding social/emotional supports that prevent isolation and depression and . . .

Interested in finding connections, resources and guidance to support your parenting? Please join us.

Friday, March 19th

4:15 PM – 5:15 PM

[Zoom Link](#)

RSVP to receive password (EAP.Staff@apsva.us)

**** This Group is open to ACG & APS employees and retirees.***