



The District Wellness Department Brings To You :

We welcome you to our first Parent Forum with Roma Khetarpal's Tools of Growth

Covid-19 has definitely impacted our mental health at one point or another.

Join us with Roma Khetarpal as she will discuss the importance behind mindful parenting and the Pandemic Parenting Essentials. Roma will give great ways to support your child in tough situations, teach coping strategies for students feeling anxious, and your own mental well-being. Feel free to bring your questions!

When: September 15, 2021 at 6:30 pm

Where: Via Zoom

Zoom link: <https://hartdistrict-org.zoom.us/j/82857454637?pwd=UkJPQ1Nzem1QVvk5nTnBGak1LZm5wUT09>

Meeting ID: **82857454637**

Passcode: **312861**

