Please join us this **Thursday, January 7th at 7 pm** for a special webinar on emotional and mental health in the context of the ongoing pandemic, hosted by the SPG PTA. A Zoom link is included below.

Have you been worried about your family's emotional health during this turbulent time? Concerned about work, or the long winter days ahead? It's been a difficult year and we know you may be struggling to manage everything while trying to take care of yourselves.

Our webinar will feature Dr. Megan Goslin, SPG parent and clinical psychologist working at the Yale Child Study Center, Mark Marrandino, SPG social worker, and Janina Tauro, a Licensed Clinical Social Worker who specializes in trauma and maternal mental health.

They will present helpful information, resources and tips, as well as answer your pre-submitted questions, which can be sent to secretary@springglenpta.org from now until Wednesday evening (questions will be read anonymously). We will allow time for community discussion and additional questions, as well.

Most importantly, we'd like to take this evening to gather (even if only online!) and remember that we are all in thistogether.

Please send your questions - or any other thoughts - to secretary@springglenpta.org and feel free to spread the word about this event!

We hope to "see" you on Thursday!

***Zoom link for Thursday's webinar:***

[https://civicactions.zoom.us/j/93486868879?pwd=TFhoK2pBUEZrQmFJYXVwby9keXJLdz09](https://www.google.com/url?q=https://civicactions.zoom.us/j/93486868879?pwd%3DTFhoK2pBUEZrQmFJYXVwby9keXJLdz09&sa=D&source=calendar&ust=1610044042512000&usg=AOvVaw0queRxjtytbJfdcD6rLubQ) Meeting ID: 934 8686 8879 Passcode: 661809 One tap mobile +16465588656,,93486868879# US

Dial by your location:

+1 646 558 8656

Passcode: 661809