

The Timberline Middle School, Redmond Middle School
& Redmond High School PTAs Present:

Weathering Change Well: *Helping Parents & Students Manage in an* *Evolving COVID Landscape*

Wednesday, November 17
6:30-8:00 pm PST
Online Event

TMS, RMS, and RHS parents/caregivers and staff are invited to attend this exclusive, online event to learn tips and tools for supporting your student in this ever-changing COVID world.

Learn how to:

- Recognize unique sources of stress
- Monitor tweens and teens for signs of stress, anxiety, and emotional difficulty
- Engage resistant tweens and teens in difficult conversations
- And much more!

To Register:

<https://forms.office.com/r/tBxyhYpinL>



Presented by:

Christy Keating, J.D.,
Certified Parent Coach ®



The Heartful Parent
COLLECTIVE

