

The Seaford School District Mental Health Staff invite you to

Virtual Coffee & Conversation

Fostering Self-Esteem in Your Child

November 14, 2023
9:30-10:00am

Tips for Managing Anxiety

December 12, 2023
9:30-10:00am

Coping with Daily Stress and Frustrations

January 9, 2024
9:30-10:00am

Navigating Challenging Behaviors

February 13, 2024
9:30-10:00am

Join us on Zoom!

**Meeting ID:
834 9501 3734
Passcode: Seaford**

Organizational Strategies for Home

March 12, 2024
9:30-10:00am

How to Teach Your Child to Communicate Assertively

April 9, 2024
9:30-10:00am

Strategies for Increasing Your Child's Motivation

May 14, 2024
9:30-10:00am

The Importance of Self-Care

June 4, 2024
9:30-10:00am

Seaford Manor School
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Seaford Middle School
Social Worker, Amanda Robilotto
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All are welcome!
**For more information,
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