Strategies to Reduce Working-Parent Stress and Guilt

Presented by Bright Horizons®

April 15, 2021 | 12:00 p.m. ET | Live Webinar
May 18, 2021 | 3:00 p.m. ET | Live Webinar
June 9, 2021 | 3:00 p.m. ET | Live Webinar

Chasing the elusive work/life balance has always been a challenge for working parents. The COVID-19 pandemic has left parents scrambling to juggle school and child care responsibilities in an ever-changing landscape. In this workshop, you will:

- Learn specific strategies for letting go of working-parent guilt
- Explore approaches for alleviating stress and setting realistic parenting expectations
- Understand how to maximize time with your child

Suggested for: Parents/guardians of children 0-12

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April 15: http://bh.social/Apr15Webinar
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June 9: http://bh.social/June9Webinar