



# Strategies to Reduce Working-Parent Stress and Guilt

Presented by *Bright Horizons*<sup>®</sup>

**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*

## Reserve Your Spot

April 15: <http://bh.social/Apr15Webinar>

May 18: <http://bh.social/May18Webinar>

June 9: <http://bh.social/June9Webinar>