



Caring for the Caregiver in a Time of Crisis (CCTC)

Provided by the Department of Psychiatry

Resilience and Emotional Support— Virtual Group and Recorded Workshops for Parents & Families

This special series of workshop sessions are designed to support Baystate employees who are parents or caregivers to children of all ages with the unique challenges facing families during the pandemic. Each workshop is offered as a recording to be viewed at your leisure, or join our live facilitated web-based workshop via the link below.

Workshop #1: Parenting During Covid-19

The COVID-19 pandemic has presented unique challenges for children, teens, parents and families. This workshop is designed to help parents and caregivers to improve their skills for supporting their children and teens through these challenging times. Topics reviewed include: how children are impacted by the pandemic, signs of stress in children of all ages, ways to talk with children and teens about what the pandemic, and strategies to improve coping and resilience within families.

Live Workshop: Wednesday, August 19th, 2:00-3:00pm— Click this [LINK](#) to join the workshop! *
View recorded workshop at your convenience by clicking this [LINK](#) ! **

Workshop #2: Pandemic Resiliency for Families

This workshop is designed for families with children ages 10-18 years old (younger/older children are welcome to join, at parent discretion). **Parent /caregiver must attend with their child/teen in order to participate in this workshop.** Families and children are impacted in numerous ways by the current pandemic. This workshop reviews: signs of psychological distress, ways to identify and build resilience, techniques for relieving stress, and additional resources and supports available to Baystate employees and their families.

Live Workshop: Thursday, August 27th, 5:00-6:00pm— Click this [LINK](#) to join the workshop! *
View recorded workshop at your convenience by clicking this [LINK](#) ! **

*Live workshops will be held via the WebEx virtual meeting platform. To join the meeting, use the links below to join from any internet connected computer, laptop, tablet or smartphone. No software download is required in order to participate.

**Recorded workshops require you to sign in through your Baystate education account and you will be redirected to register for each workshop.

Each workshop contains unique information, and attendance at the first is not required in order to benefit from the second.

Questions? email Giselle (Giselle.Hernandez@baystatehealth.org)

