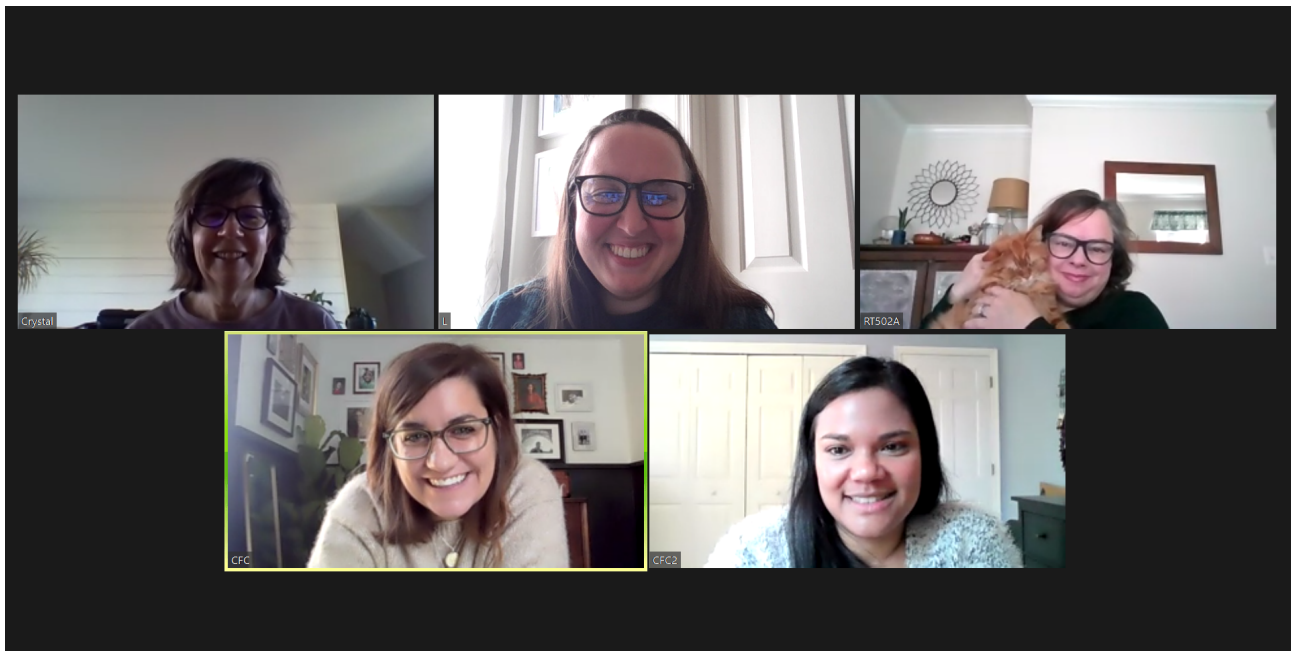




# Parent Support Series: Holiday Stress Management

**Friday, December 18th at 12pm**



**Zoom with other parents and Region Ten staff to share experiences, ask questions, and support each other while parenting during the pandemic!**

**If interested or to learn more, email [prevention@regionten.org](mailto:prevention@regionten.org) or call/text 434-981-3041.**