

# PARENTS: Break the Vicious News Cycle

How to Show Up For Our Kids When We Are Triggered

FREE Lunch 'n' Learn Zoom Seminar

Wednesday, November 16th at 12pm (PST)

CLICK LINK BELOW TO JOIN

<https://us02web.zoom.us/j/82892035839?pwd=NjVyeIh0N05PTG5zdDAxT2p2SmllQT09>

This seminar will address:

Managing Shock, Anger, Fear & Other  
Feelings of Overwhelm

Defeating Doomscrolling

How to Talk to Your Kids About  
Upsetting News

Sharing Calm with Your Children

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