



VIRTUAL PARENT CAFÉ

**THE PALLISER SCHOOL DIVISION SUPPORT TEAM
INVITES PARENTS TO A WEEKLY ONLINE CAFE TO
SUPPORT PARENTS THROUGH COVID 19**

EACH SESSION WILL INCLUDE A BRIEF LEARNING
PIECE FOLLOWED BY AN OPEN Q&A. OUR TEAM IS
HAPPY TO DISCUSS TOPICS SUCH AS:

- HOW TO COPE AND MAINTAIN A ROUTINE
DURING THE PANDEMIC
- HOW TO MOTIVATE CHILDREN AND TEENS
- STRATEGIES TO SUPPORT YOURSELF AS A
PARENT OR YOUR FAMILY



**WHERE: [MEET.GOOGLE.COM/TFX-
RQNE-KKS](https://meet.google.com/TFX-RQNE-KKS)**

**WHEN: EVERY THURSDAY BEGINNING
MAY 21, 2020**

**TIME: 12:00- 12:10-
WEEKLY INSIGHTS
12:10-1:00PM- Q&A**