

# **Zoom with the Friends**

## **KIDS IN CRISIS**

### **Pandemic Parenting in the Age of COVID**

Please join us for an important conversation with two psychologists who have been on the front lines helping local students, educators, and parents cope during these challenging times:

#### **Drs. Alan Dienstag and Katie Sawyer**

co-founders of the Parent Center at the Larchmont-Mamaroneck Community Counseling Center.



**Sunday, March 6th, at 4 pm**

Even as the pandemic begins a retreat, it is leaving a psychological crisis in its wake. Rates of depression, anxiety, and thoughts of suicide have never been higher among middle and high schoolers here and around the country. The American Academy of Pediatrics recently declared a mental health emergency among children and adolescents.

Submit your questions and concerns confidentially to the Counseling Center via **this email** and they will be addressed during the program.

**To sign up for this live discussion on Zoom, request an invite by clicking [HERE](#)**

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For more information and to sign up for this program, click the QR code or go to Adult Programs under "Things to do" on any of our Adult web pages. If you want to sign up for a program by phone, call the Reference desk at 914-834-2281 ext#3 or ask a librarian in person.



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