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## 'Pandemic Parenting' — Register Now for April 8 Online Talk by Family Therapist

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**Date :** March 22, 2021

Family therapist Moira Rizzo will lead an interactive discussion on Thursday, April 8 at 10 a.m. on “Pandemic Parenting: Strategies to Keep You and Your Kids Sane Through Challenging Times.”

Her presentation includes how to effectively talk with teens about:

—mental health

—social connectedness and

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—substance use.

The discussion is the fourth in a series of The Community Fund of Darien’s “Our Darien” events this year designed to educate parents about the dangers of substance use, youth mental health and how they can best support their teens.

*If You're Attending ...*

Registration for this Zoom webinar, sponsored by The Depot Youth Center and YWCA Parent Awareness, is free and required at [www.communityfunddarien.org](http://www.communityfunddarien.org)