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For a two-part series hosted by BBYO's Wellness and Inclusion Advisory Council on how parents can best care for themselves and their teens as they prepare to reenter a post-COVID world.

PART 1: NOURISH YOUR SOUL: SUPPORTING PARENTS SO THEY CAN SUPPORT TEENS

Featuring: Rabbi Dana Sorokin
MAY 3rd, 2021, 7:30 - 8:30 PM ET
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PART 2: MANAGING RE-ENTRY STRESS AND ANXIETY OF TEENS

Featuring: Nicole Glick, PsyD
MAY 19th, 2021, 8:00 - 9:00 PM ET
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