



# THE STRESS OF BEING A PARENT

Being a parent can certainly have it's stressful moments!

In this one evening workshop we will talk about parental stress, how it affects us, how it can affect our children, and what we can do to better manage the stress we are under as parents.



To register, visit  
[www.swfic.org](http://www.swfic.org)  
204-284-9311

Monday, February 7, 2022  
7:00 PM - 9:00 PM ONLINE on ZOOM  
\$10 per individual