

HERE 2 HELP

Mental Health Coalition

Fanwood · Scotch Plains · Westfield

Strategies to Help Students with Social Isolation

September is always a trying time for children and parents as students transition to new classrooms, new teachers, and even new schools. After a long summer break, students look forward to connecting with friends through school, clubs, sports and the arts.

This has not been the case during the fall of 2020. As the Covid-19 pandemic continues and families are presented with hybrid or remote learning, there is growing concern about children and social isolation.

As parents and caregivers how can we recognize the signs that our child is struggling? What strategies can be used to support students? What can we do to enhance social situations that now must take place 6 feet apart and outdoors? Join us as **Wendy Lauer, LCSW** provides tools and tips based on what she is seeing as a therapist during this unprecedented time.

- Date:** Tuesday, October 13
Time: 7:00-8:00pm
Location: Online via Zoom and Facebook Live
Presenter: Wendy Lauer, LCSW
Register: <https://www.eventbrite.com/o/here-2-help-31322635307>

This event is free but space is limited. The Zoom access code will be emailed the day before the event.

About Ms. Lauer: Wendy Lauer runs a private practice in Westfield and specializes in anxiety disorders, behavioral and anger management difficulties, depression/problems in mood and social skills issues. Attendees will have an opportunity to ask Ms. Lauer questions at the end of the presentation.

About Here2Help: Originally organized by the Westfield and Fanwood-Scotch Plains YMCAs, the mission of the Here2Help Mental Health Coalition is to improve community awareness and understanding of mental health issues through education, basic skills training and resource information and to help break down barriers that prevent people from seeking care.