

Back by Popular Demand!

The Jacket Parent Academy presents....

“Coping with the Holidays”



Join us for an interactive discussion to exchange views on.....

Maneuvering through the holidays* Stressors during the holidays* How to handle the stressors of the holidays

When: November 17, 2022

Time: 5:30pm

Location: Lexington Senior High School (meet at library entrance)

Speakers

Kristy Dobbins, MSW, LCSWA, Therapist, Lorven Child & Family Development

Christina Santiago, Teacher, Spanish Interpreter, Charles England Elementary

Parents who attend will be entered into a raffle to win prizes.

Hope to see you there!