

## D8 PARENTS WORKSHOPS & MORNINGSIDE CENTER



January 13 @ 6pm  
Balancing the Joys & Stresses of  
Caregiving  
Meeting ID: 870 4810 2582  
Passcode: 389997



February 10 @ 6pm  
Exploring the Range of Emotions  
Meeting ID: 856 8364 2682  
Passcode: 041128

March 10 @ 6pm Building a  
Community of Caregivers Meeting  
ID: 876 0092 5955  
Passcode: 094816



April 21 @ 6pm Understanding  
the Adolescent Brain  
Meeting: 837 2257 3948  
Passcode: 994503



Arabic Line: 347-4114  
Conference ID: 450 364 256#  
Bangla Line: 347-966-4114  
Conference ID: 993 740 522#  
Spanish Line: 347-966-4114  
Conference ID: 329 859 605#

**Work Hard & Be Kind**