

[Supporting Emotional Wellness: Coping with Anxiety and Fear During the COVID-19 Pandemic](#)

Region III Midwest and Plain Equity Assistance Center's
Families Learning from Families June Virtual Roundtable Series

This Saturday, June 13

12 noon-1:00 PM EST [11 AM CT; 10 AM MT]

Every day, we are overwhelmed with news about the COVID-19 pandemic. In this *Families Learning from Families Virtual Roundtable* event, we invite diverse families to come together to discuss their anxieties and fears related to the pandemic and learn self and community care strategies for promoting emotional wellness in the age of COVID-19. This virtual roundtable is facilitated by Tracy Pruitt, M.Ed., a trained school counselor specializing in parent support around trauma, grief and loss, post-traumatic stress disorder (PTSD), and behavioral and anger management.

WHO SHOULD ATTEND?

This is a parent/caregiver ONLY event. This experience is designed to be responsive to the interest and needs unique to historically underserved families.

We ask that you please pass along this invitation to parents and caregivers in your network.

We encourage attendance from parents/caregivers with different backgrounds, including, but not limited to:

- Families of Color
- Families with varied religious backgrounds
- Families of children with disabilities
- Families from lower socioeconomic backgrounds
- Non-traditional families (i.e. LGBTQ+ parents/caregivers, foster families, grandparent caregivers)

WHAT'S IT ABOUT?

Our Families Learning from Families Virtual Roundtables are dynamic, online learning experiences aimed at providing an opportunity for parents/ caregivers with different backgrounds (**i.e. families of Color, families with varied religious backgrounds, families with children with disabilities, families from disinvested communities, non-traditional families**) to talk with and ask questions of an expert in family and community supports, and in home and school partnership. In this series, families from various backgrounds will engage in discussion with each other and a featured expert, who is also a parent/caregiver, with the aim of sharing ideas and resources related to supporting students and families during the COVID-19 pandemic.

*The Midwest and Plains Equity Assistance Center (MAP Center)—a project of The Great Lakes Equity Center, approaches resource and service delivery that is grounded in a multi-tiered framework of technical assistance. Our goal is to engage in well-defined, content-rich technical assistance such that knowledge and expertise are shared in a way that results in transformative systemic change, as well as personal reflection and growth. The Region III Midwest & Plains Equity Assistance Center Families Learning from Families Virtual Roundtable Series is a project within our Tier Two: Learning Networks tier. To that end, we aim to make this unique learning experience available to others across Region III **by providing a recording and transcriptions of the Series on our website.***

Best wishes,

Diana R. Lazzell

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