



Effective School Solutions

Supporting stress, excessive worry, and Mental health during Covid-19 for Caregivers

This presentation focuses on ways parents & caregivers can support their children with stress, excessive worry, and mental health during COVID-19. Participants will leave this presentation with strategies that they can utilize at home to help promote positive mental health & emotional growth.

2/23/2021 @ 6 PM

Presenter: Cathleen Filippello

Cathleen Filippello, MA has been an educator for the past 27 years. She has taught at the elementary, secondary, and collegiate levels. She is currently an Assistant Principal in Bridgewater, NJ and an adjunct professor at local colleges and universities. Cathleen is a certified National Mental Health First Aid Instructor and has been teaching Mental Health Education throughout her career at the graduate and undergraduate level. She graduated from The College of New Jersey and immediately began teaching. In 2003, Cathleen obtained her Masters of Education Degree (Educational Leadership) from Rider University. Inspired by the need for mental health education in local communities, she is committed to making a difference and educating all community members one by one.

(Via zoom link below):

<https://effectiveschoolsolutions.zoom.us/j/97075206994?pwd=ci9DNGpSTGlsY29wa1lPMXpXRHljUT09>

Meeting ID: 970 7520 6994

Passcode: 681854

One tap mobile

+16468769923,,97075206994# US (New York)

+13017158592,,97075206994# US (Washington DC)

Dial by your location

+1 646 876 9923 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)