

You're invited to **PARENTING FOR RESILIENCE DURING THE PANDEMIC**



Zoom Webinar

HOSTED BY: PATCHOGUE FAMILY YMCA
CO HOSTED BY: SAYVILLE, BAYPORT BLUE POINT
& PATCHOGUE MEDFORD PUBLIC LIBRARIES



Join us Tuesday, October 18, 2022 @ 7pm

We are experiencing a childhood mental health crisis.

Join us for a virtual panel of leading mental health experts on this crisis. Children from Patchogue-Medford, Bayport Blue Point and Sayville told us how they're feeling in a recent survey.

We could not presume to understand how they feel. They told us.

The pandemic has exacerbated worsening trends in childhood mental health. The purpose of this panel is to:

1. Identify the nature of today's childhood mental health problems and their personal and cultural causes.
2. Identify strategies children, parents and communities can utilize to promote childhood resilience.

Zoom Link!



Questions?

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Mental Health Stats:

- Anxiety disorder diagnoses have increased by 20% this decade; a CDC study notes that the number of children who feel "persistent feelings of sadness or hopelessness" rose from 26% to 44% over the same period.
- Increased pressure to succeed in school, electronics-based overstimulation and unrelenting peer scrutiny are chipping away at adolescent resilience. Sadly, increased screen time has replaced live, in-person socialization.
- Today's teens are also less likely to go out with friends, get their driver's license or play youth sports than their counterparts in the 2000s.

WHY? AND WHAT CAN WE DO ABOUT IT?