

# Community Education Service



*Improving emotional health and well being*

## Supporting Your Children to have Healthy Relationships During a Pandemic

Crystal Dittrick, Ph.D., Canadian Certified Counsellor, Registered Psychologist  
April Elliot, M.A., Registered Psychologist

This presentation will focus on how parents can help children develop and maintain positive healthy relationships in their children. The COVID-19 pandemic has led to a requirement for physical distancing from peers and increased social connection online. Physical distancing does not mean the same thing as social and emotional distancing. Children and teens can and should stay social and emotionally connected with their peers and others. Healthy relationships and social connections are key in fostering positive social-emotional development and resilience. Strategies to help parents promote healthy and positive relationships during a time of increased physical distance and stress will be provided. Parents will be empowered to have meaningful conversations with their children to build the parent-child relationship, as well as help their children develop and maintain healthy relationships with their peers in person and safely online.

## FREE WEBINAR

May 27, 2021  
6:30 - 8:30 PM

[Register](#)

<http://community.hmhc.ca/>