

**JED**  
The Jed Foundation

**Webinar: Parenting During the Pandemic: Challenges, Strategies, & Tips for Empowering Families of Teens**

Join us on April 22, 4pm EDT. [REGISTER HERE >](#)

The sudden changes brought on by the current pandemic are challenging for students, but also for families. Adapting to remote learning environments can be tough. **The Jed Foundation (JED) will offer a free webinar to share expert strategies and advice for managing stress, and helping caregivers help themselves and their children.**

On Wednesday, April 22 from 4 - 5:30 p.m. EDT, join us for [Parenting During the Pandemic: Challenges, Strategies, and Tips for Empowering Families of Teens](#). JED's Chief Diversity and Inclusion Officer Sofia B. Pertuz, Ph.D. will host the webinar. She will be joined by three panelists who will share their expertise and helpful advice on navigating the "new normal":

- Anne Marie Albano, Ph.D., ABPP, Professor of Medical Psychology in Psychiatry and Founder of the Columbia University Clinic for Anxiety in New York
- Ali Mattu, Ph.D., Licensed Clinical Psychologist
- Cristina Melendez, Ed.D., CEO of Beyond Limits Consulting, LLC

We hope to see you on Wednesday, April 22 as we discuss the unique challenges and opportunities of remote learning and supporting our children during this time. [Register now](#). Please feel free to share with anyone who may be interested.

The JED Team

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*If you or someone you know needs help immediately, text "START" to 741-741, call 1-800-273-TALK (8255), dial 911, or go to the nearest emergency room. Find more information and resources at [jedfoundation.org/help](https://jedfoundation.org/help).*