

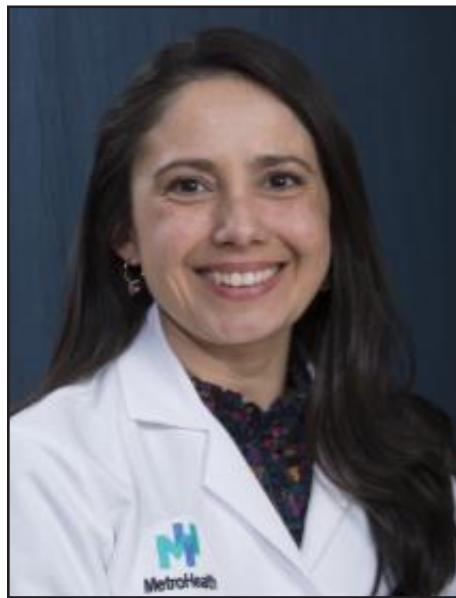
Hudson Community First Community of Concern

PRESENTS

A Virtual Presentation



Youth and the Ongoing Stress of COVID-19



Presented by Lisa Ramirez, PhD, ABPP

MetroHealth Board Certified Child and Adolescent Psychologist

It's been a difficult school year – for children and their parents. It's completely normal to feel stressed or anxious, and there are steps you can take to make yourself and your children feel better. In this Virtual Health Talk, Lisa Ramirez, PhD, ABPP discusses grief and loss related to COVID-19, common reactions in children and adolescents, and ways to keep your family mentally healthy.

Watch video here: <https://vimeo.com/516876935>

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