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UPDATE FROM SOCIAL SERVICES 5/8/20

Dear Families,

Parenting in normal circumstances is challenging. Parenting during the Coronavirus is certainly not normal, and has challenged us parents in a new way! You may find yourself working at home or out of a job, operating as single parent or struggling to co-parent, having to become a homeschool teacher and coach for your child(ren), and managing both your own and your child's worries, anger, and frustration. It's exhausting just thinking about it! You are being inundated with demands and information. It is so hard to find time for you, to get some much needed support, a laugh, sometimes even a breath.

During a time when we could certainly all use a little extra support, we are pleased to be launching both our Virtual Parent Support Groups and our Clinical Resources page in the **Parents & Families section** of the Green Chimneys website!

Virtual Parent Support Groups

Starting the week of 5/18, Parent Support Groups will be facilitated by Green Chimneys clinicians via Zoom for one hour every other week for six weeks (3 sessions). If you are interested in attending these groups, please contact your child's Social Worker/therapist to sign up for one of the groups below:

- Elementary School: Tuesdays from 5-6pm
- Middle School: Tuesdays from 5-6pm and Thursdays from 10-11am
- High School: Tuesdays from 5-6pm and Wednesdays from 3-4pm

Clinical Resources Webpage

On this page, you will find many resources, organized by topic, including managing anxiety, cyberbullying, ADHD, mindfulness, and self-care. There is also a Therapeutic Crisis Intervention (TCI) pocket guide for parents with tips from our parent training series on skills to use during a crisis with your child. Link to Clinical Resources at: www.greenchimneys.org/clinical-resources

Each week, in the months of May and June, we will be posting a new brief video clip with tips/skills for you and/or your child to use at home. To kick off the series, Steve Klee, PhD, our Associate Executive Director of Clinical & Medical Services, talks about our new "normal" and ways to cope with the current crisis. Please visit the new Clinical Resources page to watch.

Sincerely,

Kristin Licardi
Director of Social Services