

I DON'T KNOW HOW TO HANDLE HOLIDAY STRESS

Webinar Resources

REPLAY LINK: [HTTPS://VIMEO.COM/889592939](https://vimeo.com/889592939)

Handling Holiday Stress

<https://www.onoursleeves.org/mental-wellness-tools-guides/mental-health-holidays/handling-holiday-stress>



Build Connections

<https://www.onoursleeves.org/mental-wellness-tools-guides/mental-health-holidays/holiday-traditions-build-connections>

Helping children cope with grief

<https://sesameworkshop.org/topics/grief/>



Support

<https://mhanational.org/blog/looking-support-during-holidays-check-out-these-free-resources>



"I Don't Know How" Webinar Series

["How do I Prioritize my Mental Health while Parenting"](#)

["I Don't Know How to Talk to My Child About Being Safe Online"](#)

["I Don't Know How to Support My Child through Loss"](#)

More webinars available at: <https://reachinstitute.asu.edu/parenting-exchange>