



Anna White, B.S. OT (Ireland)
OCCUPATIONAL THERAPIST
SI Practitioner

Anna White is a licensed Occupational Therapist who has first-hand experience working across the age range with children, teens and adults in the school, clinic and community environments. Her expertise includes providing specialized and individualized Occupational Therapy assessment and intervention skills, as well as one-to-one and group trainings related to mental health topics. Anna runs parent support groups and school-based meet-ups, and also works closely with school SEN departments.



ONLINE WEBINAR

How to Care for Your Child's Mental Health DURING COVID-19

Date:

Time:

This is a 45-min webinar followed by 15-mins for Q&A and discussion

ABOUT THIS WEBINAR:

Just as we are learning how to manage anxiety, uncertainty and loss during this unprecedented time, so too are our children. They are watching the events unfold from a different perspective and they will be looking to us to understand how to react and cope with the coronavirus crisis.

ATTENDEES OF THIS WEBINAR WILL:

- Gain an understanding of how children may view the COVID-19 situation, and learn practical tips for managing children's fears and worries in these uncertain times.
- Learn home-based anxiety management tools for children.

MEETING LINK:

Instructions for how to join this webinar will be shared separately in advance.



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