

In recognition of the COVID-19 Pandemic,  
Lancaster Parents as Teachers Presents

# Be Strong Groups

A 5 part series of virtual conversations to create a community  
of support during these uncertain times.

**Thursdays from 2:00pm-3:00pm via Zoom**

**May 21st: Be Strong & Flexible**

**May 28th: Parents Need Friends**

**June 4th: Everybody Needs Help Sometimes**

**June 11th: Children Need Support Communicating**

**June 18th: Parenting is Part Natural & Part Learned**

For the Zoom link to participate contact  
Katy Torres: 717.468.8049 • [ktorres@caplanc.org](mailto:ktorres@caplanc.org)  
or you Parents as Teachers home visitor

STAY  
STRONG

 **Community  
Action  
Partnership**  
Empowering Lancaster County Families

 **Parents as Teachers**  
Model Affiliate