



# Free Virtual Support Sessions

*Support for Ken-Ton School District Parents During COVID-19*

## You Are Invited!

We are all experiencing many things during this COVID-19 pandemic, many of which are challenging to manage, especially while attending to children. The Institute on Trauma and Trauma-Informed Care (ITTIC) will be partnering with the Ken-Ton School District to offer a series of three, virtual support sessions open to any parent in the district—we hope you will join us!

Our hope is that these virtual sessions will provide space to acknowledge and honor what is happening right now for each of us, our children and families, provide opportunity for you to connect with other parents and share your experiences, and come together to talk about what we are able to do in order to respond in ways that are trauma-informed to our children and ourselves. **Each virtual session will be approximately 45-minutes in length.**

There is no fee associated with attending any of the sessions. Please click the link next to the session(s) you wish to attend below and **complete the registration for the link/phone number.**

### **SESSION 1: Navigating Worry, Stress & Fear**

- **5/27 @ 10:15AM**  
<https://us02web.zoom.us/meeting/register/tZwpcu-trzsiHNYYmH8kv-YDU-mOsNcHYP95>
- **5/28 @ 4:00PM**  
<https://us02web.zoom.us/meeting/register/tZYtdO-hqTliE9HpyingJm52Vjdpu1IQslKf>

### **SESSION 2: Isolation**

- **6/3 @ 10:15AM**  
<https://us02web.zoom.us/meeting/register/tZ0qc-6rpkqH9BN1Xky3nsmAs-OpTFA-jRH>
- **6/4 @ 4:00PM**  
<https://us02web.zoom.us/meeting/register/tZwpf-qspz8rGNTemUa9Askh8L1EjfN42K90>

### **SESSION 3: Grief, Loss & Meaning Making**

- **6/10 @ 10:15AM**  
<https://us02web.zoom.us/meeting/register/tZElf-qoqDsuH9wPPiwRfbSLuSQmlgMRP3Nu>
- **6/11 @ 4:00PM**  
<https://us02web.zoom.us/meeting/register/tZ0sdumtrT8tHdID1LIR2088mBwByEgG09ct>

We look forward to meeting you! If you have any questions related to the support sessions, please contact Samantha Koury at [spkoury@buffalo.edu](mailto:spkoury@buffalo.edu).