In conjunction with our EAP vendor, the SJU Wellness Committee is pleased to be able to make available the following Webinar:

March 4 at 2pm- **The Impact of Helicopter Parenting** – There are times when being a protective parent is important - such as when your child tries to dart across the street, is learning to walk, or cooking for the first time. The key to parenting is knowing when to balance anxious control and allowing your child to take a risk or fail. Participants will learn the skills and benefits of encouraging autonomy in their children.

Click on the name of the Webinar for a direct link to the registration. Once you register, an email will be sent to the email address you provided in the registration. Attendance is anonymous.