



# PARENTING IN THE COVID-19 AGE: THE IMPORTANCE OF SELF-CARE

Presented by  
Scott Poland, Ed.D. and  
Elizabeth Hilsman, Psy.D.

Tuesday, Sept 14, 2021, at 6:30 P.M.  
Register at [nova.edu/sharkchats](https://nova.edu/sharkchats)

Offered in Partnership with  
the City of Plantation

Parenting in today's challenging times can be rewarding and anxiety producing, fulfilling, and totally exhausting, all at the same time. No doubt today's parents, children, and teens are exposed to extraordinary stressors, and they sometimes struggle to cope with isolation due to the pandemic. They need a lot of support and a self-care plan to manage stress. Parental presence in their children's lives and modeling optimism and hope for the future are essential during the age of COVID.

These dynamic speakers will empower parents by directly addressing the fear and anxiety everyone has experienced due to the pandemic and will outline the importance of self-care for adults and how to model coping for their children. The keys to resiliency, which is the ability to bounce back from adversity, will also be shared. Many helpful tips for raising children in today's challenging world and how to recognize the need for mental health treatment will be discussed.

The speakers will answer your questions about parenting today and how you and your children can cope in the age of COVID. We welcome your attendance.

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***Scott Poland, Ed.D.** is a Professor at the College of Psychology and the Director of the Suicide and Violence Prevention Office at Nova Southeastern University in Fort Lauderdale, Florida. He previously directed psychological services for a large Texas school system for 24 years and is a past President of the National Association of School Psychologists and has testified about the mental health needs of children before the U.S. Congress on four occasions. He previously received the Houston Wage Peace Award and the Helping Parkland Heal Award.*



***Elizabeth Hilsman, Psy.D.** is a Licensed Psychologist (Psy.D.) in private practice and an Adjunct Faculty Clinical Supervisor in the School-Related Psychological Assessments and Clinical Interventions (SPACI) clinic at Nova Southeastern University. She holds a Master's Degree in developmental psychology from Cornell University, where she earned a National Science Foundation Graduate Fellowship.*

