

Press Release from Child Guidance Resource Centers
2000 Old West Chester Pike
Havertown, Pa 19083
www.cgrc.org

Contact: Liia Richmond
484-454-8700
lrichmond@cgrc.org

Child Guidance Resource Centers Builds Platforms to Help You Through the Pandemic

Through these unusual times of physical distancing, it can be difficult to keep track of what day it is, let alone manage all the competing responsibilities and items on our to do lists. Although many of us have longed for time to ourselves, days away from the pressures of our jobs, and more time with our families, this is different. Parents are working from home while substituting as teachers and activities coordinators for their children. Children are missing their predictable, stable routines and access to resources and social communities that school can provide. Adults who live independently are yearning to be back with their circle of friends and regular routine. Child Guidance Resource Centers understands these dynamic, challenging feelings and has developed ways to help our community cope with these challenges.

“Mental Health 10 at 10,” is a new initiative to help provide resources you can use for yourself and your family. This platform airs live on Facebook every Monday, Wednesday, and Friday for 10 minutes at 10 AM Eastern Time. Each session will be hosted by a therapist who will present topics to help you through this crisis. Topics vary between dealing with hard feelings, managing anxiety, supporting your child during at-home schooling, creating and enforcing a schedule for your teen, sensory friendly activities you can do at home, and more. After the live presentation, each video will be accessible on the Child Guidance Resource Centers website at www.cgrc.org/10at10.

Child Guidance Resource Centers is a nonprofit organization that has been providing mental health services for children and families throughout Southeastern Pennsylvania for over 64 years. To learn more and see how we can help, visit our website: www.cgrc.org.