

# Kittery

## School District

*Truth & Knowledge*

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January 8, 2021

To our Parents/Guardians...

Responding to this pandemic has been stressful for all families, and I want to do everything we can to offer support. To that end, the Kittery School District is offering facilitated time with a Licensed Clinical Social Work (LCSW) to share thoughts, to hear from one another, and to receive support and advice from an experienced practitioner.

I hope you will consider joining in if you think it would be helpful to you. In the recent **Family Check-in** that the District did, we learned that families are especially worried about:

- **Maintaining and developing friendships.**
- **Managing anger, sadness, or anxiety.**
- **Continuing to adapt to remote learning.**
- **Staying healthy.**

These and other topics of your choice will be addressed in a safe and welcoming virtual environment. Won't you consider joining in? Here is the schedule:

### **For Parents/Guardians:**

Wednesday, January 13, 6:00 - 7:30 PM (register by 3:00 PM Jan. 11)

Wednesday, January 20, 6:00 - 7:30 PM (register by 3:00 PM Jan. 18)

Wednesday, January 27, 6:00 - 7:30 PM (register by 3:00 PM Jan. 25)

Wednesday, February 3, 6:00 - 7:30 PM (register by 3:00 PM Feb. 1)

Registration is required. Do so by emailing or calling Donna Schoff ([dschoff@kitteryschools.com](mailto:dschoff@kitteryschools.com)) 207-475-1334 (you may leave a message). We will need your email address in order to send you the secure meeting link.

Take care!



Eric Waddell

Superintendent of Schools