



**JOIN PIN FOR A FREE, ONLINE
COMMUNITY EVENT ON MARCH 2:**

YOU'VE MADE IT THROUGH A YEAR OF COVID...WHAT'S NEXT?



Join clinical psychologist and CCSD parent Jacaranda Palmateer, Psy.D, as she takes a closer look at our experience of collective grief and trauma during this past year and shares meaningful and mindful ways to navigate forward.

Dr. Palmateer will share her insights about:

- Trends in mental health during the pandemic
- How to identify signs in kids who are suffering
- Tips on how to cope and focus on today

Tuesday, March 2nd at 9:15 a.m.

Speaker: Dr. Jacaranda Palmateer

Topic: One Year Later, Coping During & After Covid



CONNECT TO THIS ONLINE EVENT: [PINCCSD.ORG](https://www.pinccsd.org)

Jacaranda Palmateer, Psy.D, is in her 10th year as Director in the Counseling Services department at the University of Denver's Health and Counseling Center. She earned her doctorate at the University of Denver's Graduate School of Professional Psychology. Jacaranda is the mother of three CCSD children, and is an active member of the CCSD Community Wellness Committee.

PIN: INFORMING, INSPIRING AND EMPOWERING PARENTS FOR MORE THAN 40 YEARS!

MISSED THE LIVE PRESENTATION? RECORDINGS WILL BE AVAILABLE AT [WWW.PINCCSD.ORG](https://www.pinccsd.org).