



MetroHealth School Health Program: CMSD K-12 Prevention Programming, AY
2020-2021

Caregiver Coffee Hours

- ✓ Schools will be provided with a registration link for a zoom-based Caregiver Coffee Hour. This information can be distributed to caregivers, there is no charge and no limit on registration. The coffee hours are divided by grades - Elementary/K-8 and High School/9-12, and not by school.
- ✓ Each 60-minute coffee hour will have a designated topic (e.g., stress and coping, self-care, etc.) with additional time for questions and discussion.
- ✓ MetroHealth will also provide links to additional resources, if applicable (e.g., crisis hotline, abuse hotline, mindfulness apps, etc).
- ✓ *For reporting purposes, MetroHealth will need to track the number of caregivers in attendance.*

<https://fs26.formsite.com/8dBVlg/pox2twdqdp/index.html?1604004287356>

Current Schedule and Topics (subject to change):

K-8 Dates and Topics

Monday, November 2, 2020 @ 3pm - Topic: Stress and Self Care
Tuesday, November 17, 2020 @ 11am - Topic: Meeting Family Needs
Wednesday, December 2, 2020 @ 4pm - Topic: Coping
Thursday, December 17 @ 1pm, - Topic: Protective Factors

High School Dates and Topics

Wednesday, November 4, 2020 @ 4pm - Topic: Stress and Self Care
Monday, November 16, 2020 @ 1pm - Topic: Meeting Family Needs
Tuesday, December 1, 2020 @ 5pm - Topic: Coping
Friday, December 18 @ 9am, - Topic: Protective Factors

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