



Community Education Series for Parents



Cohen Children's Medical Center, South Oaks Hospital and Zucker Hillside Hospital have partnered to provide a workshop series for parents on a variety of behavioral health topics.

Managing Anxiety in an Anxious World

Date: Tuesday, September 28, 2021

Time: 7 PM

[Click here](#) to register.

Healthy Sleep for a Healthy Mind

Date: Tuesday, October 26, 2021

Time: 7 PM

[Click here](#) to register.

Healthy Eating for a Healthy Body and Mind

Date: Tuesday, November 30, 2021

Time: 7 PM

[Click here](#) to register.

Coping with COVID

Date: Tuesday, December 21, 2021

Time: 7 PM

[Click here](#) to register.

Questions? Please email:

CCMCCommunityOutreach@northwell.edu

FAQs:

Is registration required to join the webinars?

Yes. Registration is required for each webinar.

Where is the link to join the webinar?

The link will be sent to you by Zoom after you register for each webinar.