

Finding a Calm in the Storm. Supporting parents to help their children through stressful times. June 3rd 6.30 - 7.30pm.

During the COVID-19 crisis, stress levels have been heightened for all of us. The Berry Street Education Model have designed a workshop for parents to help you support your children as they transition back to school and new daily routines. The session will be interactive and include time for participants to engage in conversations and reflections on what our children need from us throughout this time. The workshop will include practical strategies for de-escalation – to help children and families find a greater sense of calmness and security.

This event is for parents of primary school children.

It is proudly supported by Darebin City Council.

Join Zoom Meeting

<https://berrystreet.zoom.us/j/99127304279>

What you will need?

To join the session click on the above Zoom link. Before you join:



Please download zoom and check your microphone and video works



Bring your pen a notebook.



Ensure you close apps, email & websites on your computer

We will start the zoom 20 minutes early (6.10pm) for anyone who wants to test their connection and settings etc. Over the page you is some further advice for anyone new to Zoom but please be assured it is quite user friendly and we are pretty good at helping with any tech issues 😊
We look forward to seeing you soon!

More information

E: bsem@berrystreet.org.au

T: (03) 9429 9266

W: www.bsem.org.au

Preparing for Zoom meetings.

Thank you for joining us in the upcoming online session.

We are very excited to have you joining us.

This meeting will occur via zoom and you will be able to join via the link below.

Join Zoom Meeting

<https://berrystreet.zoom.us/j/99127304279>

We will be using breakout rooms during the session so please ensure you join zoom using the email address this invitation has arrived into. You may need to link your email to your existing zoom account or join via www.zoom.us and click on the 'sign up, it's free' button using this email address. Please do this prior to the session start time.

For first time Zoom users (or those feeling unsure about this technology)

If this is the first time you have joined a zoom room we recommend you click on the meeting link and you will be prompted to install the zoom app onto your device. Please do this prior to the meeting start time. Use this link to test your system <https://zoom.us/test>

We will open the room 20 mins before the start time and are available for trouble shooting and support (we are not IT specialists but we find we can usually sort any issues prior to starting).

Once the webinar commences, we will do what we can in the background but will only be able to communicate with you via the chat function. Open the chat feature (indicated below) and type your question. Alternatively, you can visit the zoom help centre [here](#).



Final reminder



Please download zoom and check your microphone and video works.



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