



BALTIMORE COUNTY BAR ASSOCIATION

Professionalism Committee

May Virtual Wellness Series – 2nd in a Series of 6

Managing Children at Home

While Working Remotely

Monday, May 11, 2020

11:00 a.m.

SPEAKER

Elana Farace, Ph.D.

Associate Professor of Public Health Sciences &
Neurosurgery, Penn State University College of Medicine
Licensed Clinical Psychologist &
Attending Neuropsychologist, Penn State Health System

PROGRAM CHAIR

William F. Alcarese, Jr.
Suzanne K. Farace
Ari J. Kodeck

LOCATION

Virtual – link will be emailed upon registration

COST

BCBA Members, FREE: Non-Members, FREE

Learn techniques on how to manage children while working from home. You will learn survival basics, psychological factors at play, and differences in coping and suggestions by age.

Wellness Series

May 6, 11am, Wellness Wednesday with Wendy

May 11, 11am, Managing Children at Home While Working Remotely

May 19, 10am, Stress Eating; Strategies to Help Put You Back in the Driver's Seat

May 21, 11am, Work from Home Ergonomics: You don't need to suffer

May 26, 3pm, Flow & Strengthen Yoga

May 28, 11am Stretching for Stress Relief: Movement for the whole family
