



Resiliency for the Working Parent

Wednesday, June 10, 2026 at 1:00 p.m. CT

Resilient parenting supports both caregiver wellbeing and a strong parent-child relationship. How parents respond to stress shapes family dynamics more than the stressor itself. This session offers practical tools to prevent burnout, build resilience and maintain work-life balance. We'll also explore effective strategies for managing stress and creating a thriving family environment where you can enjoy more time with loved ones.



Scan the QR code to [register now](#).

The webinar will be recorded and posted on your Employee Assistance Program website, Member.MagellanHealthcare.com.

