



BLOOMFIELD
Social & Youth Services

BLOOMFIELD SOCIAL & YOUTH SERVICES PRESENTS

FREE VIRTUAL PARENT SERIES

Thursday's- 6:00 p.m-7:30 p.m.

- 4/8/21
- 4/15/21
- 4/22/21
- 4/29/21

Coping and Balancing
Parenting Wellness Series
Bloomfield Residents Only

Latoya Watson, LCSW presenter

Latoya Watson, LCSW serves as a Licensed Therapist, Coach and Speaker. She founded Evolve Behavioral Health over 6 years ago and is certified in EMDR. From helping clients face childhood wounds to balancing motherhood and career. Latoya uses her passion and skills to offer clients compassion and accountability throughout the healing process. Raised in a Jamaican household, she is particularly sensitive to the stigma associated with therapy and appreciates the strength it often takes people to be present and ask for help.

series topics

- Balancing Two Pandemics: Physical & Mental Health
- Mindfulness Fun
- Self Compassion + Self Care = A Happier YOU
- Squeezing in Fitness

To Register contact: Angelica Thompson, LMSW
Youth Services Coordinator
athompson@bloomfieldct.org or call
(860)242-1895. Zoom link provided with submitted registration form

scan QR code to register online

