

Parenting Moments

presented by Healthier Urban Families at Wayne State University

Basic Needs Resources for Metro Detroit Families [HERE](#)



Hello from the Healthier Urban Families Program. We at Wayne State are thinking about you and your family during this difficult time and hope that you have been able to stay safe and healthy. We put together some information that we hope is helpful. Take good care –

Beverly Weathington, LMSW

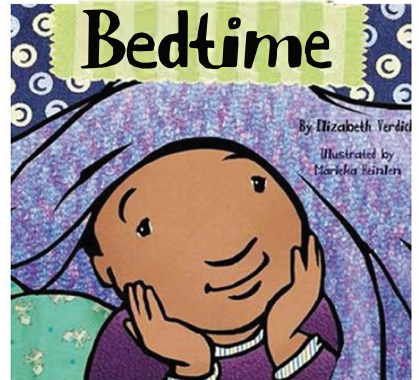
Easy-to-Follow Guides on Important Issues



Self Care For Parents
([Download PDF](#))



Indoor Family Fun
([Download PDF](#))

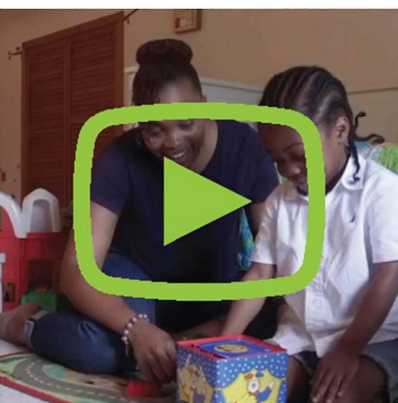


Routine & Schedules
([Download PDF](#))

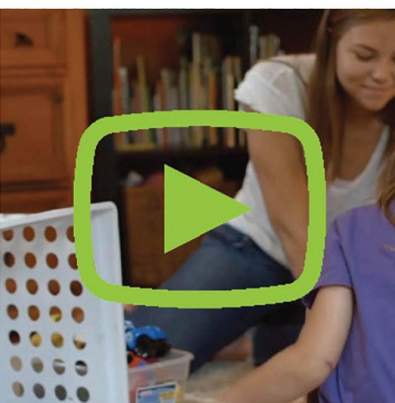
Resources: Who and How to Connect



Hi, I'm a MPSI faculty member at Wayne State. I've created and assembled resources to connect parents with useful tools. My hope is that the links below are of service to you and yours. – *Kathleen (Lucy) McGoron, PhD*



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Part 1
VIEW**
([Youtube Video](#))



**Special Play Time
Part 1
VIEW**
([Youtube Video](#))



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Please contact Lucy McGoron at Lucy.K.McGoron@wayne.edu if you have problems with the Interactive Link above.

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