



LUCENA CLINIC SERVICES

Celebrating

65

YEARS

# Parenting In Difficult Times

**FREE online talk  
for parents with  
Shane Martin**

**7:00pm-9:00pm  
December 9th 2020**

Shane Martin is a psychologist dedicated to teaching the very best evidence-based psychology to help people protect their mental health and enhance the quality of their lives.



Shane will offer tips to parents to help them deal with the very real stresses of parenting during these difficult times

For more info and to register please look up our event by searching 'Parenting in difficult times - A talk by Shane Martin', on Eventbrite