



***3/18/2020 -- Parents Helping Parents of Massachusetts from [Jen Magnuson](#),
[Chief Clinical Officer](#)***

Dear Guild Community,

In the wake of the current events, The Guild acknowledges that feeling anxious and stressed in these rapidly changing times is normal. It is important that you take care of yourselves and monitor your own physical and mental health on top of the care and concern that you have for others. We understand that the news may feel overwhelming, but being mindful of yourself and others while working to maintain a balanced daily routine may help.

I wanted to take a moment to share a community resource with you all. Parents Helping Parents of Massachusetts is a local organization that provides a free and confidential 24/7 Parent Stress Line hosts Online Support Groups for parents through a digital media platform. Please find more information about these programs at www.parentshelpingparents.org.

We will continue to develop and share resources and support for families in the days and weeks to come. Please don't hesitate to reach out to myself or our clinicians with questions, or concerns.

Jennifer Magnuson
Chief Clinical Officer