



Press Contact: Lina Sands (646)731-3887

March 25, 2020

Stay Connected and Sane During the Coronavirus Crisis

Hi there,

We're all facing many challenges during the coronavirus COVID-19 crisis. We've had to change our routines, adapt to a dramatically new way of life and start learning to cope with a new normal.

This difficult situation is asking a lot from families through either homeschooling and working from home, juggling home schedules, quarantine mandates and social distancing. We know you are struggling to balance work, child-care and self-care while keeping worries under control.

In an effort to support parents in this difficult time, HITN Learning will be hosting a Facebook live discussion today at 9:00 p.m. EST with our expert Dr. Lorea Martinez, to discuss strategies to cope with these challenges and help families stay connected and sane.

Join us by watching and asking questions that you and other families may benefit from!

Go to Facebook <https://www.facebook.com/HITNLearning/posts/585023169056709>

About HITN-TV

HITN-TV is a leading Spanish-language media company that offers educational and cultural programming for the whole family. It reaches more than 44 million viewers in the US and Puerto Rico via DIRECTV, DIRECTV NOW, DISH Network, AT&T U-verse TV, Verizon FiOS TV, Comcast, Charter Spectrum, Mediacom, CenturyLink Prism and Altice. For more information, please visit www.hitn.org.