

PARENTING YOUR CHILD THROUGH STRESS AND ANXIETY: TOOLS AND STRATEGIES

MENTAL HEALTH
WEEK 2023



JOIN US AND COMMON COMPASS FOR A VIRTUAL SESSION JAM-PACKED FULL OF PRACTICAL, EVIDENCE-INFORMED STRATEGIES YOU CAN BEGIN USING AT HOME TO SUPPORT YOUR CHILD THROUGH STRESS AND ANXIETY.

- Understand the difference between a temporary feeling of stress or anxiety, and when additional support is needed
- Understand how parents can be a mediating factor by being supportive or how they can increase the child's risk of experiencing anxiety
- Realize the impact of language, and learn suggestions on how to phrase things to best connect with your teen
- How to incorporate healthy coping strategies

MAY 3, 2023: 7:00-8:30 PM

REGISTER HERE:

[HTTPS://FORMS.GLE/BBENPUGST4E6TWAA6](https://forms.gle/bbenpugst4e6twaa6)