

Helping Your Child Handle Stress & Anxiety

*FREE Half-Day Workshop for parents and caregivers offered by Western Placer Unified School District**

When:

Saturday, September 23rd, 2017
8:30 am to 12:30 pm

Where:

Lincoln High School Library
790 J Street, Lincoln, CA

Parents & Caregivers Will Learn...

- *How to recognize signs of stress and anxiety*
- *Some ideas about possible causes of stress and anxiety in children and teens*
- *How to teach your children and teens to understand and recognize feelings of stress and anxiety*
- *How to help your child understand how anxiety affects their thoughts and their body*
- *To teach your children and teens methods of relaxation to cope with stressful situations*
- *And much more!*

Registration:

Complete the form below and return to the WPUSD District Office, c/o Diane Metzelaar, 600 Sixth St., Ste. 400, Lincoln, CA 95648.

Parent Name: _____

Email: _____

Phone Number: _____

Parent Name: _____

Email: _____

Phone Number: _____

Child(ren) School(s) of Attendance: _____

**Registration
due by
September 15th**

**Workshop is limited to 44 participants.*