

HELPING YOUR CHILD MANAGE STRESS & ANXIETY

A low-cost (\$20), four-week workshop offered by Western Placer Unified School District

WHEN

March 8th, 15th, 22nd, 29th
6:30 pm to 8:00 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 them 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 Metzelar, 600 Sixth St., Ste. 400, Lincoln, CA 95648. Please include a check for \$20 made payable to – Western Placer Unified School District

Parent Name:

Email:

Phone Number:

Parent Name:

Email:

Phone Number:

Child(ren) School(s) of Attendance:

**Registration
due by
February 24th**