



Please stay with us after Breakfast with Moms for our PTO Parents Together presentation:

## **I am SO Stressed! Helping Our Kids Manage Anxiety**

The talk will focus on how parents can identify, be supportive and help kids cope with anxiety. Parents and children are often stressed with the demands of everyday life. Parents can help children reduce their anxiety levels and understand the impact of anxiety on their emotional development. The conference aims to help parents identify the symptoms of anxiety; as well as implement helpful tools to manage children's anxiety.

**Target Audience:** Parents of young children, pre-teens, teens, young adults.

Our guest speaker will be psychologist,  
**Alexandra Ramos Duchateau, Ph.D.**

The activity will be held on Thursday, **October 4th, 2018**,  
**right after Breakfast with Moms (8:30 am)** at the VPAC.