



Join us!



Date: February 27, 2019

Time: 6:30 p.m.

**Immaculate Heart of Mary School
4913 Schofield Street, Monona**

How to Help Your Child Deal With Stress and Anxiety: What Parents Need to Know to Build Resilient Children

Topics include:

- ♦ The impact of stress on children
- ♦ Factors impacting mental health
- ♦ What parents can do to help children manage stress and promote positive mental health
- ♦ Resources for parents



Child care will be available. Light refreshments will be served.

**Presented by Abby Kearns, School Counselor
Catholic Charities**

