

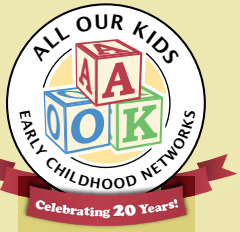
WE ARE PARENTS

"~ A webinar series for parents and health & human service providers"

Stay Calm! Anxiety is common in children

You can help ease the worries

Friday, November 18th, 2022
Noon-12:50pm



Anxiety can be experienced by anyone of any age, even infants and toddlers. Throughout the pandemic many experienced more anxiety. Join us as we talk about how parents and caregivers can help children learn to work through the unpleasant thoughts and feelings that come with anxiety.

What parents and caregivers can do to help themselves and their kids in the aftermath of the pandemic...

This is the second in a series of webinars that will help us recognize how our relationships have been effected by the pandemic and how we can help our children be stronger as we move into the post-pandemic world.

To register:

<https://www.surveymonkey.com/r/AOKCarleWeb2>

We appreciate advance registration. To join us at the last minute, use the link above. Zoom link will be on the last page of registration.

