



Student Support Services, Student Wellness & School Culture

Supporting Your Children During an Uncertain School Year: Tips for Managing Anxiety

Anxiety is the most prevalent mental health disorder among children and adolescents, affecting 1 in 4 youth over their lifetime. Being physically back in school for the 2021-2022 school year may help some students feel more secure, but for others the anxiety and fear can be overwhelming. It is important for caregivers to know how to help.

This one-hour webinar will offer coping strategies, tools and resources to support your children/teens who might be feeling overwhelmed, stressed or anxious.



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt (858) 298-2075 at least 48 hours in advance.

Participants may be photographed for use in promotional and/or news materials.

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Free Webinars

**Wednesday December 15, 2021
6:00-7:00pm**

Register for virtual training at:

<http://sdcoe.k12oms.org/918-211249>

**Thursday February 17, 2022
6:00-7:00pm**

Register for virtual training at:

<http://sdcoe.k12oms.org/918-211250>

For registration information, contact:

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(858) 298-2075 or
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