

# ***ENSIGN ELEMENTARY PARENT FORUM: RAISING AN ANXIETY RESILIENT CHILD***

Join Licensed Clinical Mental Health Counselor, Jeff Gregson, founder of All Things Anxiety, while he shares tips to raising an anxiety resilient child as well as ways to support a child with anxiety.

Jeff is a therapist that specializes working with people with anxiety, OCD and depression.

**WHEN:** Tuesday, February 6, 6:00 p.m.

**WHERE:** Ensign Elementary gym

**WHO:** Caregivers of any age children

Feel free to contact Ms. Sline if you have any questions or would like more information.

[andrea.sline@slcschools.org](mailto:andrea.sline@slcschools.org)

