

Your Child's | ANXIETY

Learn simple strategies that will help parents respond to their child's anxiety during this free Family Mental Health workshop.

Join us for a live, interactive workshop on supporting your child through anxiety. Learn simple tools to strengthen your bond and reduce stress using three key steps:

- Notice: What's causing the anxiety?
- Notify: What is the anxiety telling you?
- Need: What helps the body calm down?

Together, we'll practice strategies to help children manage anxiety more effectively.

Who:

When:

Time:

Where / Address:



(702) 799-0072



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