CARING ADULT ACADEMY

A free webinar series that equips parents, caregivers, educators, and other trusted adults with the knowledge and practical tools to better support the young people in their lives.

Let's Talk About the "A" Word

(Anxiety)



NOVEMBER 16TH
7:00–8:30 PM

60-Minute Presentation followed by 30-Minute Q&A

To Register:

NOVEMBER'S TOPIC PRESENTED BY:

Jon Mattleman

Anxiety can significantly impact a young person's ability to learn, connect, and thrive. This workshop helps caring adults recognize anxiety and provides practical tools to support anxious youth.

You'll learn:

- Signs and types of anxiety
- Stress vs. anxiety
- Social media's impact
- How adults can unintentionally increase anxiety
- Practical strategies to support anxious youth

A Healthy Lynnfield www.ahealthylynnfield.org

Healthy Peabody Collaborative

TRI-TOWN COUNCIL working together for kids

Peabody PROMISE Choose Kindness. Every Time. Everyone.

North Reading COMMUNITY IMPACT TEAM