

The Oak Park Unified School District is proud to offer a Parent Education Event:

Childhood and Adolescent Anxiety

A Parent's Guide for Understanding and Support



Monday, 2/29
7:00 – 8:30 pm

Repeat presentation:
Tuesday, 3/1
8:30 – 10:00 am

Red Oak Elementary, MPR

It has been said that anxiety is the new epidemic of our time, especially for children and adolescents. From school refusal to social phobias, from panic to separation anxiety, students today are struggling to cope with the high-stakes and high-pressure of daily life. Parents can help by gaining an understanding of the roots of anxiety, learning the do's and don'ts of supporting anxious kids, and knowing the warning signs of anxiety disorders. We'll discuss the major types of anxiety that affect kids today, how to help anxious children and adolescents, and when to ask for help.

Presented by Holly Baxter, Elementary School Counselor

Red Oak Multi-Purpose Room
4857 Rockfield Street, Oak Park

