

WCASD Parent Workshop Series

Discussion on Anxiety

Date: Tuesday, May 25th
Time: 7-8:00 PM

There will be a Q&A session after the presentation, so parents can receive valuable advice about any questions they may have. Community resources will also be provided, and specifics for dealing with these mental health issues during the COVID pandemic will be woven throughout the presentation. Topics covered in this presentation will include:

- Worry
- Irrational Fears
- Generalized Anxiety
- Obsessive Thinking/Compulsive Behavior



Make sure to register at the following link:

<https://bit.ly/35moUCr>

The Zoom link for this session will be sent to you on the day of the presentation.