



Wyomissing Area School District

presents ParentGuidance.org

Mental Health Series

PARENTING SKILLS

Is your child struggling with anxiety?

As days get shorter in the fall, anxiety levels can be high. Parents are left facing the challenges of helping their children cope with these emotions.



Your Child's Anxiety

Course Created by:

Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS

Discover practical steps you can use to help your child manage their emotions, anxiety and stress., as we share Jenna's three-step strategy .

Join in the conversation and learn helpful tips to talk about and identify your child's anxiety

OCTOBER 19, 2021 6:30–7:30 pm

Register Now

<https://cookcenter.info/WyoAreaOct19>