

Coping Skills for Children & Teens

Virtual Parent Presentation

Tuesday, February 28

7:00 pm



Representatives from the Mental Health Association of Morris and Essex will present a program focusing on coping skills for children and teenagers. They will offer a comprehensive review of anxiety and depression, how these conditions present in children and teens, how parents can help, what kinds of communication strategies can be helpful for parents, and how emotion-focused and problem-focused skills can be helpful for children in dealing with stress. They will also offer numerous resources for parents to keep on-hand.

Please [click here](#) to RSVP for this event.

****Any parent who attends this event will earn a horseshoe for their child's homeroom!****