

HELPING OUR TEENS MANAGE ANXIETY



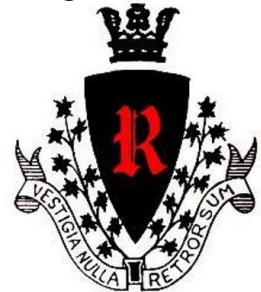
**MOSAICS
Approach**

mosaicapproach.com
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Interventions for
Anxiety Challenges:
Consistent Practices
for Home and School

APRIL
20
7-9PM

(6:30 Light Refreshments)



569 Jane Street

Many high school students are challenged with stress and anxiety daily. Learn strategies that can have a life-long impact on how kids think about and manage their anxiety and stress responses both at home and school.

This workshop explores anxiety from many different angles:

- why we experience anxiety,
- when it's adaptive and when it's not, and
- strategies to regulate our emotional responses to life events.

**Limited Seating! RSVP by April 10th to
runnymedeschoolcouncil@gmail.com to RESERVE a seat!**

Presented by RCI School Council

