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