

PEBSAF Parent University is Coming to



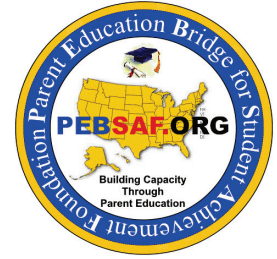
Helen L. Dollahan

Elementary

Free Virtual Workshops

Helping our children

managing anxiety during the pandemic



Meeting ID: 876 8171 2978 Password: 328520

Workshop Title	Date	Time
1. How anxiety can lead to disruptive behavior	1/12/2021	11:00 A.M.
2. Giving children with ADHD support and structure	1/19/2021	11:00 A.M.
3. Signs of depression	1/26/2021	11:00 A.M.
4. Coping with social anxiety	2/02/2021	11:00 A.M.
5. Teaching social skills at home	2/09/2021	11:00 A.M.
6. Managing anger and frustration	2/16/2021	11:00 A.M.
7. How to help children manage fears	2/23/2021	11:00 A.M.
8. The power of mindfulness	3/02/2021	11:00 A.M.
9. The importance of parent involvement	3/09/2021	11:00 A.M.

Presented in English