

Come join us for an informative evening

**Helping Your Child Handle
Anxiety & Stress
Both in and out of School**

Presenter:

Kimberly Morrow

Therapist and Anxiety Expert

- Will provide strategies that can empower children and parents to deal with anxiety and stress
- Will teach parents ways to help children deal with daily life stressors

When: January 24, 2019

Where: William Street School
5201 William Street
Lancaster

Time: 6:30 pm - 8:00 pm

Sponsored by:

- Lancaster Family Support Center
- Mental Health Advocates of WNY
- Parent Network of WNY



Mental Health Association
of Erie County is now:

