

***“Anxiety Workshop for Parents-
Helping Your Child Be Effective With Anxiety”***
A Webinar with Anxiety Expert Kimberly Morrow
followed by a Panel Discussion with Sweet Home School
District Staff and Community Service Providers



Please join us to learn important information about the neuroscience behind anxiety and how you can assist your children to work through anxiety and improve their life at home, work, school and socially.

Join by Zoom:

<https://sweethomeschools-org.zoom.us/j/95644015725>

Webinars will be held on the following dates:

- Wednesday, September 29 @ 9:00AM-10:30AM
- Friday, October 8 @12pm-1:30pm
- Thursday, October 14 @6:30pm-8:00pm
- Monday, October 18 @9:30am-11:00am
- Tuesday, October 26 @6:30pm-8:00pm

Please call Family Support Center at 250-1229 with any questions.