**Coffee Chats and PTSA are teaming up to bring you:**

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**From Worrier to Warrior:**

**Calming Strategies to Help**

**Your Child Feel Less Anxious**

**Does your child get entangled in anxiety and need help?**

Anxiety is the number one mental health problem facing children and adolescents today, but it is also the most treatable. Without intervention, youth tend to grow into their fears, not grow out of them. But once they have learned how to challenge worry's authority and outsmart the tricks the brain can play, they are no longer at the whim of their fear. Come join us, learn with us and help your child go from worrier to warrior by learning the skills they need to lead a full and happy life.

Learn about useful and comforting methods including mindfulness, relaxation and thought restructuring to help your child learn to manage their stress and worries in healthy ways that help them get calm, confident and comfortable with their life.

**When: January 30th, 6:00-7:30**

**Where: BCSD Training Center (former bus garage)**

*Presented by Tami Sullivan, PhD, owner of Unified Counseling Services in Brockport. A Leadership in Neurodevelopmental Disabilities and Behavioral Pediatrics Fellow from the University of Rochester Medical Center, Dr. Sullivan provides play and relationship-based counseling for youth and the people who love them, and is an Assistant Professor of Counseling and Psychological Services at SUNY Oswego.*

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