

Anxiety 101

An Informational Night for Parents



Join us for a parent night for Wood Middle School parents. The event will be hosted at Wood Middle School on Wednesday, February 27th from 6:30-8pm. Our Student Support and Outreach Specialist Sarah Hiatt, LCSW and student counselor Erin Block, M.Ed., C.A.S. will be our presenters. They will explore the following:

1. What is Anxiety?
2. Causes
3. What can it look like?
4. How to support your child
5. Coping skills
6. Resources

This event is free to attend. Light refreshments provided. Spanish interpretation will be provided. We hope to see you there!

Wednesday, **February 27th** | 6:30-8PM
Wood Middle School