



*Pearl River School District*

# **Parent University**

**Education and Information to Support Parenting**

## **Anxiety & Depression in Elementary & Middle School Students**

Presented by

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**Owner of In-Home LCSW, PLLC**

In today's world, an overwhelming amount of students report feeling anxious, stressed or overwhelmed and parents report that they often find it challenging to support them. School age children may find it difficult to identify the cause of their anxiety or develop regulation skills to best help them cope. Join us to better understand what common triggers of stress and anxiety are, how it may present both in and out of the classroom at different ages, and how you can best support your child, physically, mentally and emotionally, to set them up for success.

**Wednesday • April 12, 2023 • 7:00 p.m.**

**Pearl River High School's Pirate Cove**

**275 East Central Avenue**

**(around the back of the building next to the cafeteria)**

Parent University is a program sponsored by the Pearl River School District.  
All Parent University sessions are free of charge and open to all parents everywhere.  
No registration required. For additional information, call 620-3921

## **Pearl River School District**

Adult Enrichment Department • 135 West Crooked Hill Road, Pearl River, NY 10965 • 845-620-3921