

# TAKE A DEEP BREATH...

Helping Families Manage Anxiety about  
Violence in Schools



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Psychologist | Author | Speaker

Wednesday, May 2 | 7:00 pm

**FREE AND OPEN TO THE PUBLIC. RSVP at [www.thacherschool.org](http://www.thacherschool.org)**



Children and parents are understandably anxious about school safety. Even things designed to enhance safety, such as lockdown drills, can paradoxically increase anxiety. How do we maintain vigilance and security without overwhelming our children with fear—or becoming overwhelmed ourselves? How do we approach these issues at a level that is appropriate for children of different ages? How do we discuss safety and solutions to such complex problems without polarizing into opposing camps that can't hear or trust one another? These are the topics which this presentation will begin to address, using a humane and empathic approach to the emotional side of the issue.

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