



Student Support Services, Student Wellness and School Culture

How Parents Can Help Their Children Manage Anxiety

Anxiety is the most prevalent mental health disorder among children and adolescents, affecting 1 in 4 youth over their lifetime. It is important for parents/caregivers to know how to support their children and teens in managing anxiety.

This one-hour webinar will unpack the complexities of anxiety offer coping strategies, tools, and resources to support your children/teens who might be feeling overwhelmed, stressed, or anxious.

**Audience: Parents/Caregivers*



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt (858) 298-2075 at least 48 hours in advance.

SAN DIEGO COUNTY OFFICE OF EDUCATION

Free Parent Webinar

Nov. 29, 2022 - 6:00-7:00 p.m.

Register for virtual training at:

<http://sdcoe.k12oms.org/918-227390>

For registration information, contact:

Amanda Holt
(858) 298-2075 or
email: amanda.holt@sdcoe.net

Please note trainings are **not recorded*



Please visit SDCOE's Health and Well-being web page for a list of all trainings and events: <https://www.sdcoe.net/students/health-well-being#fs->

Participants may be photographed for use in promotional and/or news materials.

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