



# Free Parenting Presentations

Join us at the St. Charles location or online!

**September 8**  
**12-1pm**

## Tips for a Successful School Year

Start out on the right foot this year with strategies to support the transition back into the school routine. Also learn how to help decrease homework battles and improve your child's independence as a student.

**October 13**  
**12-1pm**

## School Anxiety and Avoidance: What Every Parent Should Know

Anxiety surrounding school is frustrating not only for the child but for the parent. Come learn the causes behind school anxiety and some parenting strategies to help support and encourage your child through their stress.

**November 10**  
**12-1pm**

## Fostering Independence: Supporting a "Growth Mindset"

Parents want their children to be successful when moving through life's "ups and downs." Helping to support resiliency through challenges can teach them how to be more confident in themselves.

**In Person: St. Charles location - 111 East Main Street**

**Online: Visit our website for the Zoom link at time of presentation**

## Schedule Your 2023 -2024 Community Presentations Now!

As Riverview Counseling Services believes in the power of family and personal growth, we are honored to share our knowledge, philosophies, strategies, and treatment interventions with the community around us. Upon request, we will provide presentations for school districts, parenting functions, and medical offices.

**Please call 630-587-3777 ext 102 for more information on scheduling a presentation with one of Riverview's Community Liaisons!**

[www.riverviewcounselingservices.com](http://www.riverviewcounselingservices.com)

