



## The Swindells Center

*presents*

# Transition Back to the Classroom

Getting back into an “in person” school routine

**Tyson Payne, PsyD, Behavioral Health Pediatric Psychologist**, with Providence Pediatric Specialty Care, joins the Swindells Resource Center for this 2-part series:

- Warning signs of anxiety and depression
- Managing anxiety
- Building skills around socializing

## School Age

**TUESDAY**

**AUGUST 24**

**6 - 7:30 p.m.**



Click or Scan  
the QR Code  
to Register

## Teens

**THURSDAY**

**SEPTEMBER 16**

**6 - 7:30 p.m.**



Click or Scan  
the QR Code  
to Register

For more information: [swindells@providence.org](mailto:swindells@providence.org) 503-215-2429

This workshop is free thanks to the generous support of our Providence Children's Health Foundation and our community partners.