

“BETTER TOGETHER” PANEL DISCUSSION

Connect. Learn. Share.

Help Your Child Navigate Through Challenging Times

Greenwich Community Organizations join forces with GPS in tackling pandemic related issues. Join us virtually (meet.google.com/arm-hbjd-yvy) to learn more about anxiety and depression in children and how to best support students during these very challenging times.

Date: Tuesday, March 30th, 2021

Time: 7pm-8pm

Meeting link: meet.google.com/arm-hbjd-yvy

Panelists: Greenwich Public Schools, Child Guidance, Kids in Crisis and the Anxiety Institute

Please take a moment to view the videos prior to the Panel Discussion. The panelists will review the information shared in the videos and have a conversation about the topic discussed.

We welcome questions and comments. Our goal is to offer the opportunity for parents and students to connect and learn more about the community resources available. If you would like to send your questions to the panelists ahead of time please [CLICK HERE](#).



Child Guidance – [Click Here for the Video](#)

Recognizing Signs of Anxiety and Depression

Child Guidance experts discuss about recognizing signs of depression and anxiety and offer suggestions to parents on how to best support their children at home.

Anxiety Institute - Greenwich - [Click Here for the Video](#)

Stress and Anxiety Among High School Students

Join Anxiety Institute experts in learning more about how stress and anxiety impact high school students. Learn about ways you can foster children's stress management skills and how to best support them.

Kids in Crises - [Click Here for the Video](#)

The Power of Validation - Helping Kids Cope with Anxiety and Complex Emotions

Kids in Crisis focus on the power of validation when dealing with a child who suffers from anxiety and depression. Learn more about how you can enhance your parenting skills to best support your child at home.