STRESS

Students & Parents,

Join us for a **free event** to learn more about STRESS & ANXIETY,

With Dr. Scott Cypers, PhD.
Clinical Director of Stress & Anxiety Programs

- Identify ways to understand the basics of anxiety & stress.
- Learn practical skills to reduce anxiety & stress.
- Parents - learn helpful and simple tools to support your child at home and school.

Wednesday, November 20th, 7:00PM
Mountain Vista High School
- Auditorium
10585 Mountain Vista Ridge Rd
Highlands Ranch, CO

Helen and Arthur E. Johnson Depression Center
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**