

O.P.E.N. Invites You To Attend Our Upcoming Community Meeting!

Who: **Melissa Korland, Ph.D.**

Clinical Psychologist at MK Psychology & Wellness, LLC

What: **Managing Worry**

Parenting Strategies to Help Your Child Cope with Anxiety

When: **Wednesday, March 21st, 6:30 - 8:00 p.m.**

Where: **Orange Public Library** - 31975 Chagrin Blvd., Pepper Pike

The Hope and Stanley Adelstein Room (A/B)

What, me worry? Join us for a discussion on how your children process anxiety and why it matters. We explore types of anxiety, triggers to anxious behaviors, and how to address your child's anxiety in an age of worry. We will explore tangible tools to help you parent your anxious child and teach them valuable coping skills.



Melissa Korland, Ph.D., is a licensed clinical psychologist who has worked with children, adolescents, and families for more than 15 years. She currently operates her own psychology practice in Beachwood (www.drkorland.com), offering a broad range of services including diagnostic evaluation, psychological assessment, treatment, and consultation. Dr. Korland has two children in the Orange schools.

Kindly RSVP to Courtney at OrangeCSDOPEN@gmail.com



O.P.E.N. is a community of parents in the Orange School District, who through collaboration, advocacy and education, seek to empower and bring academic and life success to students with learning differences and special education needs. O.P.E.N. welcomes everyone! We encourage families whose children have special needs, learning or attention differences, an Individualized Education Plan (IEP), 504 Plan, or are just curious to learn and network with others.