

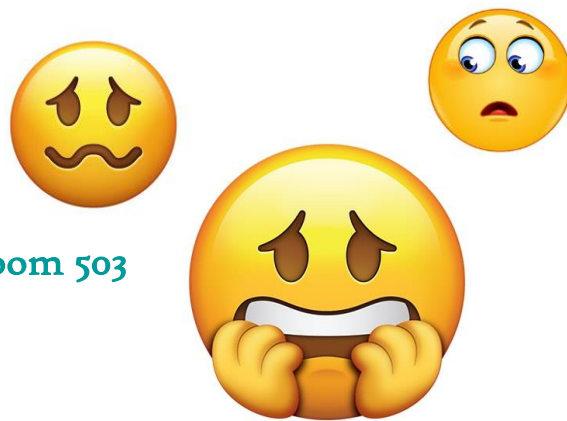
Families Conquering Anxiety Mini Workshop

An interactive workshop for parents and elementary/middle school students to attend together

Time: 6PM-7PM

Date: Thursday, November 18th, 2021

Location: Spencerville School- Main Building, Room 503



With the increase of experiences and emotions associated with anxiety, parents and students often find themselves overwhelmed and unsure how to manage these daily life struggles. Cornerstone of Hope is excited to equip families with practical strategies to manage anxious thoughts and emotions with resiliency and hope!

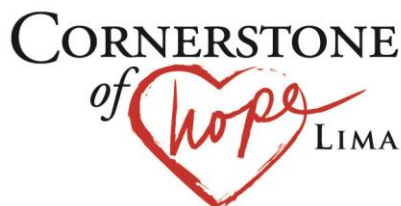
Parents & Students will:

- Identify what is happening in their brain when anxious thoughts and emotions arise
- Gain several practical tools to deescalate and challenge negative or fearful thinking
- Learn how to reduce anxiety by applying strengths to accomplish difficult tasks
- Practice throughout the workshop how to communicate and use tools as a family

RSVP To:

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A PLACE OF HOPE FOR
CHILDREN, TEENS AND ADULTS

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