

Pine Rest School Assistance Program
in partnership with
ROCKFORD PUBLIC SCHOOLS
presents:



MANAGING WORRY AND ANXIETY

It is natural to worry and experience anxiety occasionally. Learn how to determine if worry and anxiety are healthy or evidence of a disorder that would benefit from treatment. We will also discuss some key skills you can use to effectively limit the impact of worry and anxiety in your daily life. This presentation will include strategies that adults can employ to help children and adolescents navigate anxiety.

FEBRUARY 3, 2025

7:00 pm - 8:00 pm

Live Stream Presentation via Microsoft Teams



Rockford Public Schools
Quality Community – Quality Schools
Together Building a Tradition of Excellence

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**PINE
REST**

Employee Assistance Program
Church Assistance Program
School Assistance Program

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