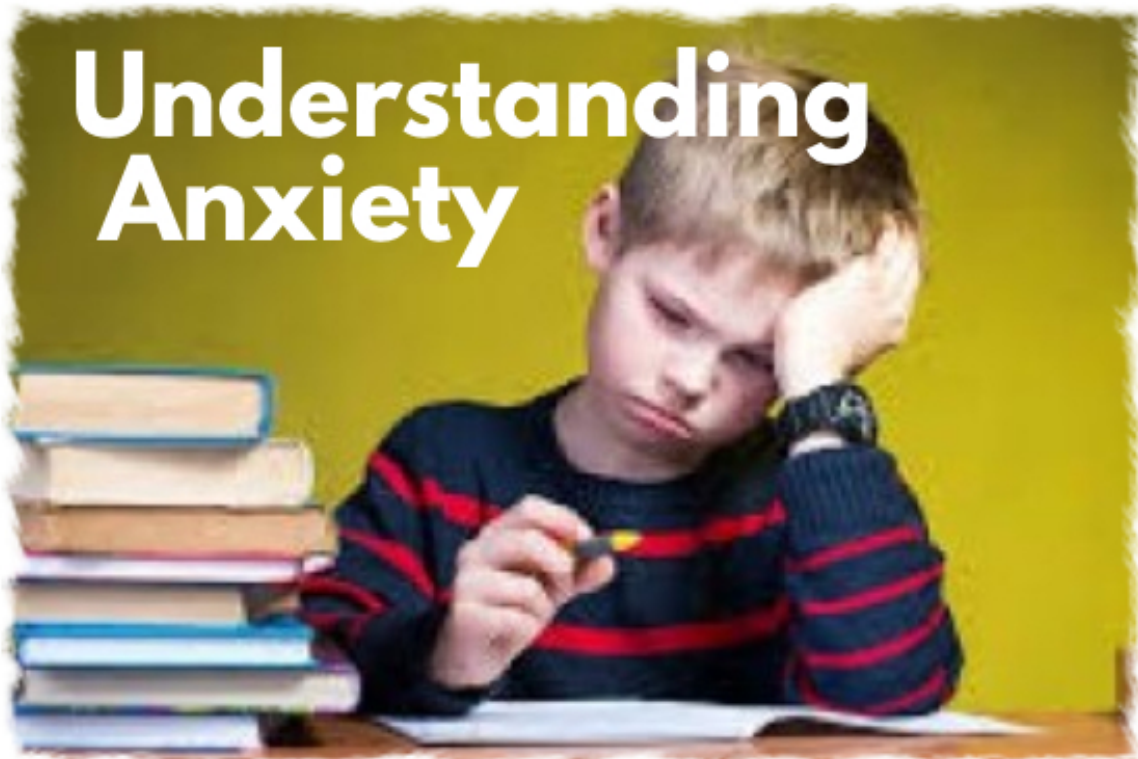


<https://tinyurl.com/yb82lm9g>



Understanding Anxiety

YOU ARE WELCOME

Join us for an evening with Tyler Byrd, LIMHP and Mary Byrd, LIMHP who have a combined 30 years of experience in working with youth and adolescent mental health. Tyler and Mary will delve into anxiety in children. Anxiety rates have risen steadily in recent years creating difficulties in youth's ability to manage emotions and perform effectively in the classroom.

TIME: 6:30pm
DATE: APRIL 24th

Thomas Elementary School Commons
Gretna, NE

REGISTER NOW AT

<https://tinyurl.com/yb82lm9g>

Refreshments & Cookies Provided!
Childcare for ages 3+ will be available

What Will Be Discussed?

What anxiety is and how it effects us

Effective coping strategies for anxiety

How parents can help children through anxious symptoms

Clarifying Anxiety vs. ADD

Omaha Family Counseling Place

Helping Others • Move Forward • Step by Step

