

HHH SEPTA General Meeting

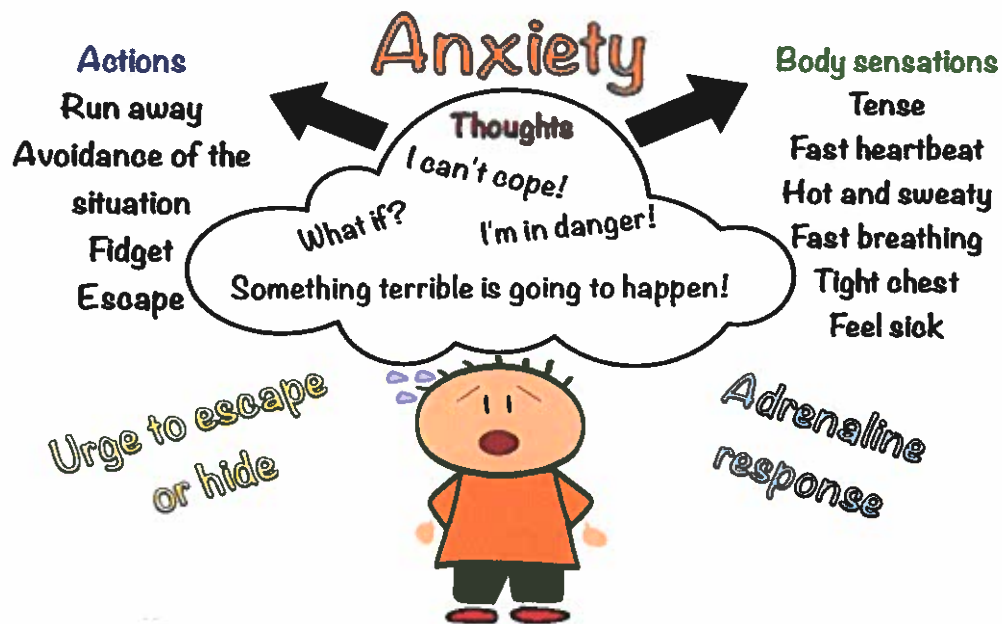
Wednesday, September 25, 2019 at 7:30pm

Please join us at The Fran Greenspan Administration Center
525 Half Hollow Road
Dix Hills NY 11746

Supporting the Anxious Child

Presented by High Functioning Family

www.highfunctioningfamily.com



At this presentation you will learn the following:

- How to distinguish between the behaviors vs. Anxiety.
- How to create a safe environment when anxiety symptoms are high.
- Systems and techniques to diffuse anxiety with children and teens.
- how to create structured routines that alleviate stressful situations with children and teens.
- How to communicate effectively with the anxious children/ teens to create a better relationship.

APPROVED FOR DISTRIBUTION

SEP 13 2019

DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

Everyone is welcome!

For more information please contact Michelle Cooke, HHH SEPTA President at
Cookemichelle39@gmail.com

Michelle Cooke
9/12/19