

Community Education Service



Improving emotional health and well being

Managing Anxiety within the COVID-19 World

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This session will outline the difference between worry, stress, and anxiety, and how the COVID-19 pandemic may affect mental health and wellness in teens. The session will also cover clinical presentations of anxiety and provide parents with insight as to what is 'normal' and when to seek help from a mental health professional. The session will also cover strategies for parents to assist their youth in navigating this complex world, including stress management, self-care, and strategies for improving executive functioning and resilience.

FREE WEBINAR

January 19, 2021
1:00 - 3:00 PM

[Register](#)

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