

Community Education Service



Anxiety in the Classroom *strategies and approaches to supporting anxious students*

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Collaborative Initiatives

Are you a parent, educator, or supportive adult in a child's or youth's life? Do you want to better support them in moments when anxious thoughts and feelings are getting in the way of their learning or academic performance?

Learn ideas and strategies around how to help children and youth cope with anxious thoughts and feelings that add to the difficulties in their school days or homework nights. Jory has been a clinical social worker and clinical supervisor for 15 years in the area of school-based mental health and is very familiar with the reality that saying "Don't worry about it" is more often a hopeful wish than a successful intervention for an anxious child. With a mix of proactive and "in the moment" interventions, this webinar will provide ideas and approaches that will add to the helping adult's toolbox when they are faced with the task of helping a child cope with those worries.

**Wednesday Apr 21 2021
630 PM (MST)**

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