

Community Education Service



Panic and Anxiety in Youth: Strategies for families to conquer back-to-school stress

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Going back to school is both exciting and nerve wracking for youth, and this year will pose more uncertainty than most.

This presentation will focus on understanding what panic and anxiety looks like in youth and how it affects activities, such as returning to school. Practical strategies will be offered to youth and caregivers for managing back-to-school worries.

As well, tips for reducing parenting stress will also be shared.

Thursday September 2 2021
630 PM (MST)

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