

BOOST YOUR PARENTING IQ WITH OCTOBER'S WEBINARS!



SCHOOL ANXIETY: Build Confidence & Resilience

WED, OCT 4 | 7-8 PM

Leave this presentation with a comprehensive toolkit of actionable insights to proactively address school-related anxiety, building a solid foundation of emotional well-being that will benefit your child's educational journey for years to come. We'll focus on minimizing worries to avoid school anxiety that can ultimately lead to school refusal.

Guest Speaker: Claire Burns, Step Up Coaching



DEEP BREATHING PRACTICES for Self-Care & Regulation

WED, OCT 18 | 7-8 PM

Discover the benefits of deep breathing for parents and families alongside a series of short, practical techniques you and your child can do any time for mental focus, anxiety, anger management and sleep. Get ideas to create your own calm corner!

*Guest Speaker:
Aparna Venkatarman,
Beauty In Parenting*



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**Parent Chat Moderator
Sheri Gazitt, MA**
Teen Wise & Balance in Mind