



Healthy Minds Healthy Body Institute

April 2019

Anxiety

from Understood.org & childmind.org

Childhood is full of experiences that can feel scary to kids. Think about learning to ride a bike or starting at a new school, for example. During these new experiences both healthy and unhealthy anxiety can develop. The trick is to know the difference and support your child through anxiety when needed.

Do you think your child may be struggling with anxiety? We will discuss how to identify and support anxiety both at home and at school.

We will also discuss how to help yourself and your child cope and break the negative cycle that anxiety can cause.



Parent Workshop!

Want to learn more about how to support your child with anxiety at home and school?

This workshop is for you!

April 25th, 2019

6:30-7:30pm

Registration is required and can be found on the HMBHI website.
Childcare is not provided.

Registration is \$35

call: 925 484 0074
email: SmilingMinds@sbcglobal.net
web: HealthyMindsInstitute.org

Parent/Family Information Series

~~January 31st, 2019~~
Attention Deficit Disorder

~~February 28, 2019~~
Autism Spectrum Disorder

~~March 28, 2019~~
Family Stress Management

April 25th
Anxiety
Strategies That Help

May
Should your child have a 504?

June
Communication

July
How can mindfulness help your child/family?

August
Executive functioning

September
Internet technology

October
Is it bullying?

November
Emotional Regulation

December
The importance of practice