

Mark West Union School District
Counseling Team
Presents

Parent Workshop

Managing and Working
Through Anxiety & Other
Emotions During the
Holidays

Thursday, December 8th

From 6:00 pm to 7:00 pm

TOPICS to include:

- Understanding and Normalizing Feelings
- Understanding and Symptoms of Anxiety
- Ways In which to Help Loved Ones Work through Anxiety
- How We Can Support Each Other and our Loved Ones During the Holidays

THIS WORKSHOP WILL BE HELD ON ZOOM

Click here:

[https://us02web.zoom.us/j/87227574785?
pwd=cmlsQTBBOVdURXIzZU1ZUjE2U0tidz09](https://us02web.zoom.us/j/87227574785?pwd=cmlsQTBBOVdURXIzZU1ZUjE2U0tidz09)

Meeting ID: 872 2757 4785
Passcode: Parents