

**LET'S TALK**

*Ways to Reduce*

# **SCHOOL ANXIETY**



**PRESENTED BY PCBH & YORK SUBURBAN S.D.**

The workshop will provide different stations and a supportive environment where parents and children can learn together how to manage anxiety and build resilience.

**WEDNESDAY**

**September 18, 2024**

**6:00 - 7:30 p.m.**

York Suburban  
Middle School Cafeteria  
455 Sundale Drive, York

**6:00 - 7:00 p.m.**

Presentation and activities led by ANITA TORRES, Mental Health Counselor at PCBH (Pennsylvania Comprehensive Behavior Health)

**7:00 - 7:30 p.m.**

Q&A led by York Suburban S.D. SOCIAL WORKERS

**FREE EVENT • ALL ARE WELCOME**

