



JOIN US FOR A PARENT/GUARDIAN WEBINAR ON

STRATEGIES FOR SCHOOL ANXIETY AND SCHOOL REFUSAL

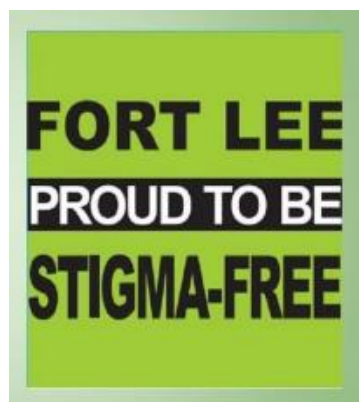
Wednesday | March 24, 2021 | 7:00 P.M. – 8:00 P.M.

<https://us02web.zoom.us/j/84168197458>

Learn more about how to support your child and how to help them thrive academically and emotionally in a hybrid learning and/or virtual learning environment. It is imperative that parents/guardians have the tools and strategies to help support their children with attending classes consistently and adapting to the current learning environments as well as managing any mental health concerns. This webinar will discuss tools and strategies for parents/guardians and what they can do to help. This will be an opportunity for parents/guardians to gain a deeper understanding of youth mental health issues, youth academic difficulties as well as parenting skills.

*Space is limited, early attendance is recommended. If you are unable to attend or the maximum number of participants has been reached, this presentation will be recorded for those who would like to view the presentation at a later date.

Please contact Katie Dublirer, SAC/Social Worker at kdublirer@filboe.com with any questions!



Hosted by:
Fort Lee Public
Schools



Presented by:
Kiersten Lauen, LPC, CI



What you will learn:

- Explore reasons for school refusal
- Identify signs and symptoms of school refusal and school anxiety
- Learn tools and strategies to support your child and motivate your child
- Gain access to resources and information

TIPS TO HELP **teens** COPE DURING **COVID-19**

Maintain a daily **routine** with consistent sleep, activity and study patterns.

Stay **connected** with others and try to find moments of humor.

Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

Limit the amount of time you spend talking about or watching news media or social media.

Be **kind** to yourself and each other. We'll work through this together.

