

LESTER B. PEARSON HIGH SCHOOL

presents

EMPOWERING PARENTS

WITH AN UNDERSTANDING OF
ANXIETY AND STRESS TO NURTURE
RESILIENT TEENS



May 1, 2018

7:00pm

Pearson Café

Dr Despina Vassiliou, EMSB Psychologist's 45 minute session will cover the following:

- What are stress and anxiety, and the differences between the two .*
- The significance and consequences of stress and anxiety*
- Recognizing signs of stress and anxiety in your children .*
- Simple techniques that can be used to help teens cope.*

Please RSVP by clicking on the following link:

<https://goo.gl/forms/ZCo2p7LdBqMN7zZE2>