

5 Essential Skills to Transform Stress & Anxiety for Kids and Teens

WEBINAR

SEPTEMBER 27TH, 2022
9:00 AM-11:00 AM (CST)

This training will address a child or teen's struggle with worry, anger, stress and anxiety. We will discuss 5 faulty beliefs about anxiety and 5 skills that parents, professionals and kids can use to understand and control their anxiety.

Learning Objectives:

- Review 5 faulty beliefs about anxiety.
- Review 5 skills that parents, professionals and kids can use to understand and control their anxiety.
- Provide hands on tools, resources, activities, and mindful movement ideas for emotional regulation.

NO COST TO ATTEND;
ADVANCED
REGISTRATION IS
REQUIRED; CEU'S ARE
NOT AVAILABLE

To Register fill our link
registration:

<https://www.surveymonkey.com/r/J7KCKPT>

FACILITATED BY KAY GLIDDEN,
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