

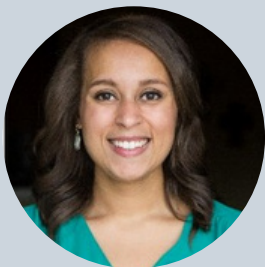


Approaches for Helping Reduce Children's Anxiety

In this workshop, we will discuss clues that may indicate if your child is anxious, healthy ways to help your child overcome their anxiety, and when to seek professional help. This workshop is designed for elementary and middle school aged children.

**Wellness Wednesday
Virtual Workshop
Wednesday, April 6
7 - 8 pm**

**Register Here:
<https://bit.ly/ACCPTA-Apr6>**



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Presented by Alachua County Council of PTAs

Questions? Contact Kristen Mau
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