

"Helping parents, help their kids"



# Livingston County Families

*join the first monthly Mental Health Series...*

## Your Child's Anxiety

Course Created by:

Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS

Learn simple strategies that will help parents respond to their child or teen's anxiety. When applied, these skills will help the child and parent bond, allowing the child to identify and work through their anxiety more effectively.



# Nov 9, 2023 6:30–7:30 pm

## Join via Zoom or onsite locations:

- Brighton - High School STEAM Center
- Fowlerville - High School Media Center
- Hartland - High School Collaboration Center
- Howell - Freshman Campus Cafeteria
- Pinckney - High School Pirate Union



SCAN or CLICK TO JOIN ANONYMOUSLY

<https://cookcenter.info/Nov9Livingston>

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