

## MAY – NATIONAL MENTAL HEALTH AWARENESS MONTH

We recognize that many students, today, are under tremendous stress. Stress causes anxiety on many levels, including physical and emotional. In response to this issue, parents are cordially invited to an evening workshop.

### **HELPING YOUR CHILD SUCCEED**

**Tuesday, May 24th**

**6:00 p.m.**

**Cardinal Newman Cafeteria**



There will be two 45-minute presentations followed by a short period of questions/answers.

### **Why is My Child so Anxious? Help your Child Cope with Anxiety at School and Home**

***Dr. Jesse Selkin, Psy.D***

Dr. Selkin will lead an interactive and educational workshop that is intended to help parents learn practical techniques to reduce anxiety in their children. This workshop will focus on the nature of anxiety in children and adolescents, signs of anxiety that parents can look for and how parents can help alleviate their children's anxiety.

### **Strategies for Parents to Help Their Child be Successful in School**

***Dr. Michael Rizzo, Ph. D., ABSNP***

***Clinical Director of Child-Provider Specialist***

Dr. Rizzo has extensive experience in testing and diagnosing learning differences. He will share techniques for helping students be successful and give parents tips to help in this endeavor.

Please R.S.V.P. to Mrs. Lower – [karen.lower@cardinalnewman.com](mailto:karen.lower@cardinalnewman.com) by May 23, 2016.