



Attention: **Nebo Parents**

join our next 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'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.



January 18, 2024

**6:00–7:00 PM
via Zoom**



Register Here

<http://cookcenter.info/Jan18Nebo>

Nebo
SCHOOL DISTRICT