

HELP YOUR CHILD TO MANAGE STRESS AND ANXIETY!

2019-2020

Set Your Child Up For Success!



Our teens are faced with many situations that make them stressed or anxious: school pressures, social challenges, etc. What can we do to help them manage that level of stress and anxiety while still finding joy in their world? Join us for practical ideas to help guide them through it all.

*Presented by Laurie Wong,
The Parent Workshops*

Wednesday: 10/2 from 6:00-8:00 p.m.
Twin Peaks Middle School
14640 Tierra Bonita Road, Poway, CA

***Register online TODAY at**
www.powayadulthood.com.

Class is \$16/individual or \$27/couple.
Scholarships available upon request,
please contact the Caring Connections
Center at (858) 668-4084.

Sorry, no refunds.



For more information:
www.powayadulthood.com