



Parent Training

DCIU Teaching & Learning

Helping Your Child Navigate Anxious Feelings

April 11, 2023

6:00-8:00 p.m.

Zoom

Natalie Bowen, Teaching and Learning Specialist

This evening will focus on how to help your child develop emotional regulation skills in general, particularly those that come in handy when dealing with worried or anxious feelings. We will discuss ways to support and empower your child to work through big feelings as well as recognize when it may be time to involve the support of the school or a therapist outside of the school setting.

To register for this session, click on the link below. Registration will close on 4/7/23 at 4:00 p.m.

[Helping Your Child Navigate Anxious Feelings](#)

**** The content of this workshop is geared toward parents. There will be no Act 48 or continuing education credit offered if a professional chooses to attend this workshop.**

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