

Anxiety to Achievement:

10 Tips for Dealing with Anxiety in Kids



February 25th, 2016
7:00-8:30pm

Smith Elementary
23305 NE 14th St
Sammamish, WA 98074

Today's children suffer from anxiety and anxiety-like symptoms much more than previous generations. Parents often feel helpless as they watch their child struggle. In this workshop, Margit Crane will offer insight into understanding anxiety and its causes. She will also teach proven strategies to avoid stress, to minimize it when it surfaces, and to calm your child.

Guest Speaker: Family Coach & Positive Discipline Trainer, Margit Crane, M.A., M.S., M.Ed., is the author of many books including the Mom's Choice Award®-Winning book: *How To Train Your Parents in 6 ½ Days*. She also created "The Behavior Blueprint" a 7-Step Customized Program to Eliminate Family Power Struggles. Margit has 30 years experience as a teacher and counselor.

Brought to you
in partnership by:



Lake Washington School District does not sponsor, recommend, or endorse the organizations, services, or activities described in these materials. In consideration for the privilege to distribute these materials, Lake Washington School District shall be held harmless from any causes of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, judgments, or awards.