

SPONSORED BY  
WHS PTSO, WELLESLEY HEALTH DEPARTMENT &  
WPS DEPARTMENT OF STUDENT SERVICES

# A ROADMAP FOR PARENTS:

*Tools to Reduce Your Child's Anxiety,  
Stress & School Avoidance*

**Guest Speaker**

**LYNN LYONS, LICSW**



*May is mental health awareness month and now more than ever we need to address the youth mental health crisis and the rise in school avoidance. Parents will learn dependable strategies to help their children manage anxiety, moods, social pressures and school avoidance.*

*Based on current research and 30+ years of clinical experience, Lynn Lyons will share common traps adults fall into, and the key adjustments needed to prevent and stem the surge of anxiety and depression in our kids.*

---

**APR 30 2024 @6:30PM**  
**WHS AUDITORIUM**

