

Westview Parents/Caretakers: Do You Feel Stressed? Are Your Kids Stressed Out?

If So, Come Join Us for An Interactive Workshop
With Tools For Managing Stress For Parents



Tuesday, February 7, 2023
6:30PM-8:00 PM Westview Library
Adults Only

Let's face it, the high school years are stressful for both parents and teens: kids juggling the demands of school and planning for life after high school; and parents juggling stress in all aspects of life. Managing household stress begins with parents and trickles down to our kids. Come spend an evening learning practical strategies you and your family can use every day.

Led by Colleen Kennedy, Ph.D. and Salina Bambic, LCSW

**This is the First in a Series of Parent Education Seminars Centered
Around Mental Health and Wellness**

Sponsored by Westview PTSA Mental Health & Wellness Committee

Click [Here](#) to RSVP. Dinner provided.

\$99 Massage Heights Gift Certificate will be given away to one parent in attendance