

MAY
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Simple Strategies to Help Anxious Kids *With Janine Halloran, LMHC*

Glover School Library, 7pm

Janine Halloran will share five simple coping skills to try, including creative ways to encourage deep breathing, creating a calm down space and how to create a coping skills toolkit. This presentation is free and open to the public.

Janine has been working with children, adolescents, and their families for over 15 years. She is the Founder of Coping Skills for Kids, the author of #1 Best Selling Coping Skills for Kids Workbook, and the host of the Calm & Connected podcast. Her work has been featured in Huffington Post, Psych Central, and The Skimm® Newsletter.

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