

The Vernon SEPAG and VTSD Office of Special Services Present:

"Stress & Anxiety Management for our Youth"

When we think of stress, anxiety and mental health, we often think about it from an adult perspective that includes work pressures and finances. However, children are very susceptible to stress and anxiety as well, in ways you will be come to understand more clearly through attendance of this presentation.

In today's hyper-stimulated society, more children than ever are suffering from the inability to process stress, trauma- and even daily life with ease. This has led to a sharp increase in anxiety related conditions which will be reviewed as well as beneficial coping strategies, techniques and therapies to minimize the impact.

Join us:

**Wednesday, October 16th at 7:00pm at Lounsberry Hollow School
30 Sammis Road, Vernon**

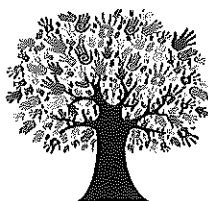
**ALL interested parents, caregivers and professionals are urged to attend.
Light refreshments will be served.**

Presented by:

Tracy Klingener of the Mental Health Association of Essex and Morris, Inc.



Tracy Klingener is a Licensed Associate Counselor, working towards her LPC. Tracy has her Masters in Community Counseling from Montclair State University. Tracy is also a certified Mental Health First Aid Instructor in both the Adult and Youth Modules. Tracy has been working in the mental health field for the last 17 years. Her background also includes working with sexual assault survivors, at risk youth and evaluating adolescents for learning disabilities. She currently has been working at the Mental Health Association for 12 years as the Assistant Director of Self-Help, Advocacy and Education.



Bringing the schools and the community together

For more information contact vernonsepag@gmail.com