

STRESS MANAGEMENT FOR PARENTS OF SCHOOL-AGED CHILDREN AND TEENS

**PRESENTED BY LOCAL
AUTHORS & EDUCATORS
KRISTIN ROBISON & MOLLY DAHL**

Feeling overwhelmed by current events?
Wondering how to better manage your own stress and support your children in their self-management efforts? Kristin and Molly will share pertinent research and several easy-yet-potent practices to help you leverage your inner resilience to beat the stress monsters!

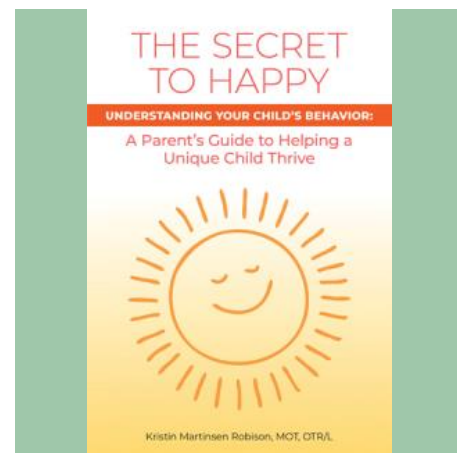
The Secret to Happy and *The Art of Emotional Resilience* will both be available for purchase and the authors are happy to sign your copy!



**SEPT
29
6-8PM**

**THE STUDIO @
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