

HELPING KIDS WITH STRESS AND ANXIETY

Wayne County Public Library, Wooster, 220 West Liberty St.

Forum participants

Dr. Shellie Russell, Pediatrician,
Akron Children's Hospital

Jim Foley, Clinician, The
Counseling Center

Beth Falb, Parent Educator,
Akron Children's Hospital

Brittany Grimshaw, Behavior
Support Specialist, Wooster
City Schools

Ashley Ruedisueli, School
Psychologist, Tri-County ESC

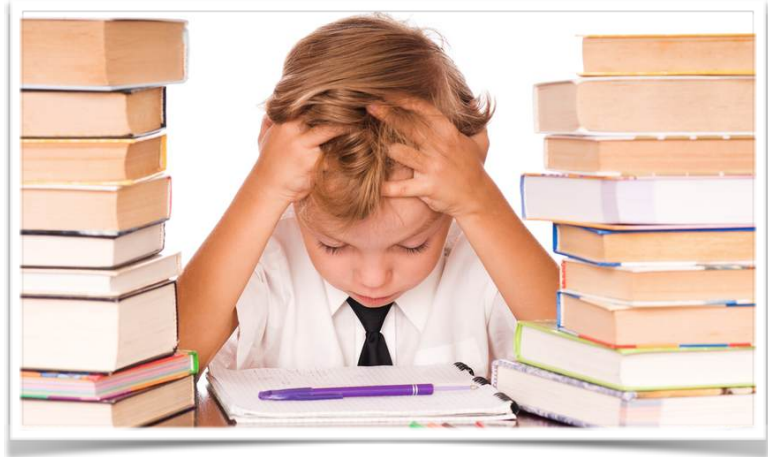
Joie Schmitz, Children's Yoga
Studio on Liberty/Mindful Posts
for MHRB

April 25th,
6:00-8:00 p.m.

For questions,
330-264-2527

or

waynecfcevents@gmail.com



Is your child...

- Afraid to go to school?
- Overwhelmed and crying?
- Worrying and not able to sleep?
- Feeling panic for no clear reason?

Join our panel of experts to hear tips for helping children cope with stress and anxiety. Find out that you are not alone in facing such struggles with your child.

6:00-6:30 Refreshments and resource browsing

6:30-8:00 Forum



The Counseling Center
of Wayne and Holmes Counties



Presented in cooperation with The Mental Health
and Recovery Board