



Town of Ashland

MASSACHUSETTS

Ashland Parent Advisory Council

Agenda

Thursday, May 11, 2017 7:00:00 PM

Choose an item.

Ashland Middle School, 87 West Union St, Ashland, MA 01721

AMS Activity Room

Does your child have a hard time coping with anxiety in an appropriate and effective way? Do they respond to anxiety with anger? Withdrawal? Sadness?

Everyone gets anxious. Our children will continue to confront situations that make them anxious. No one can offer your child an anxiety free life. That cannot be the goal. This workshop will help parents understand the ways most of us cope with anxiety. It will also explain the ways in which your children cope with anxiety that are not effective. Finally, it will help parents gain insight into how to teach your children more effective ways of coping with anxiety.



Town of Ashland

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