

**Bay Area South Asian Network of Therapists
(BASANT NOW) Presents**

Helping Children Manage Stress

Saturday May 6th

Fremont MainLibrary 10:30 am – 12:30pm

SHALINI DAYAL, MFT 43574

SANGITA BISWAS, MFT 86237

Topics Covered

Identifying stressors for children

A child's developing brain

Dealing with failure & rejection

Building resiliency & balance

Techniques for managing stress

School & community involvement

Resources

The library is wheelchair accessible. An ASL interpreter will be provided for this program if requested at least 7 days in advance.
Voice 510-745-1421 or TTY 888-663-0660

all library programs are FREE

www.aclibrary.org



Fremont Main Library is located at 2400 Stevenson Blvd., Fremont, CA 94538, Phone: 510-745-1421