

Niles Elementary PTA Presents

Balance and Stress Management for Children

A Parenting Workshop on

Monday, April 3rd, 2017, 6.30 to 7.30pm

@ Niles Elementary Auditorium

Topics Covered

Identifying stressors for children

A child's developing brain

Techniques for managing stress

Dealing with failure & rejection

Building resiliency & balance

School & community involvement

Resources

PRESENTED BY BASANT NOW

SHALINI DAYAL, MARRIAGE, FAMILY & CHILD THERAPIST

SANGITA BISWAS, MARRIAGE, FAMILY & CHILD THERAPIST

CASA