

STUDENT ANXIETY & ADVOCACY LEARNING FOR FAMILIES

**Join the conversation at
Redmond Middle School on
Tuesday, December 6th
from 7 - 8 pm in the commons**

RMS School counselors will cover topics such as: What is anxiety? What does it look like? What is normal, and at what point would a family seek further assistance?

Also included: strategies for support – how can we avoid anxiety and/or mitigate its effects? Self-advocacy / advocacy for students.

Provided in partnership with RMS PTSA

Spanish interpretation will be available.

A collection of school supplies including pencils in blue, green, yellow, red, and orange, a ruler, a calculator with the number 2,449,4897 on its display, a clock, and a paperclip, all rendered in a sketchy, hand-drawn style.