

BLUE OAK AND SYCAMORE VALLEY ACADEMIES' PARENT WORKSHOP NAVIGATING ANXIETY

*Mindfulness, Movement,
and Resilience*

**TUESDAY, APRIL 23RD
6:30PM-7:30PM**

**AT BLUE OAK ACADEMY SITE
(AND AVAILABLE ON ZOOM)**

THIS WORKSHOP WILL PROVIDE:

- **A strength based approach to help children (and their adults!) manage anxiety and thrive.**
- **Information on anxiety and the brain/body relationship.**
- **New ways children (and their adults!) can begin to cope with anxiety naturally.**
- **Simple and easy to use mindful based practices.**



FOR MORE INFO:

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Workshop taught by
Mindful Schools
Certified Instructor:
Meade Williams,
Licensed Marriage
and Family Therapist

