



Student Support Services, Student Wellness & Positive School Climate

# Supporting Your Children During Chaotic Times

Feeling anxiety is a common reaction during times of uncertainty, or when there is a perception of danger, and COVID-19 qualifies as such a time. This is something new and worrying that we are all facing together. This one-hour training will offer coping strategies to support your children/teens who might be feeling overwhelmed, stressed or anxious.

## PARTICIPANTS WILL LEARN:

- Understanding the complexities of anxiety among youth during the pandemic
- Learn helpful strategies to support your children in navigating stressful times
- Review of resources and tools to use at home



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt (858) 298-2075 at least 48 hours in advance.

**San Diego County Office of Education**

**Friday, March 19, 2021  
1:00-2:00pm**

**Register for *virtual* training at:**

<http://sdcoe.k12oms.org/918-199452>

Spanish Translation provided.  
Traducción al español estara disponible.

**For registration information, contact:**

Amanda Holt  
(858) 298-2075 or  
email: [amanda.holt@sdcoe.net](mailto:amanda.holt@sdcoe.net)



Participants may be photographed for use in promotional and/or news materials.

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