



Madison County Public Schools

presents ParentGuidance.org

# Mental Health Series

Does your child need help managing their emotions?

Discover practical steps you can use to help your child manage their emotions, anxiety and stress.



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*Emotional Regulation is the key to life!*

BRETT WILLIAMS

Licensed Marriage and Family Therapist

Helping your children to manage their emotions gives them a life-long skill to use over and over as they grow to maturity. It can also reduce the stress in your household!

Come to our next ParentGuidance.org Series via Zoom where we'll share helpful insight from Brett Williams to help you...help your child with emotional regulation, along with 3 tools you can use at home.

April 6, 2022

7:00 PM via Zoom

Register Now

<http://CookCenter.info/MadisonCoApr6>

