



WELLNESS CHALLENGE ADDITIONS

National Youth Advocate Program

JANUARY 11th at 2 PM, Winchester Parks and Recreation Conference Room

COPING WITH DAILY STRESS FOR KIDS AND PARENTS: Dora Hall, MSW, LCSW, CSAYC and Regional Manager of the National Youth Advocate Program, Inc. provides a one-hour class reviewing mindfulness techniques that can be used anywhere. Basic cognitive behavioral skills will be reviewed and practiced including deep breathing, guided imagery, and grounding to the moment. Come in comfortable clothing.

FEBRUARY 1st at 2 PM, Winchester Parks and Recreation Conference Room

COPING WITH ANXIETY FOR KIDS AND PARENTS: This one-hour class led by Dora Hall, MSW, LCSW, CSAYC and Regional Manager of the National Youth Advocate Program, Inc. will focus on ways for kids to reduce anxiety in their daily lives. Learn how thoughts, feelings and behaviors interact when stressed. Basic cognitive behavioral skills will be reviewed and practiced including thought stopping and reframing negative thoughts. Practice handouts will be provided.

MARCH 7th at 2 PM, Winchester Parks and Recreation Conference Room

COPING WITH ANGER FOR KIDS AND PARENTS: This one-hour class will focus on how to deal with anger. Kids experience many emotions throughout the day, and anger can be difficult to understand. Dora Hall, MSW, LCSW, CSAYC and Regional Manager of the National Youth Advocate Program, Inc. will help kids develop an anger management strategy and coping skills to reduce anger. Practice handouts will be provided.