

IT'S TOUGH BEING A KID...

AND THEIR PARENT TOO...



Understanding Your Child Through ANXIETY & DEPRESSION

**TUESDAY
FEBRUARY 11
6PM - 7PM**

This is a tough time to be a kid! Normal developmental phases are tough enough, but add to that today's standards, stressors, distractions, peer pressure, and information overload. These factors all contribute to the rising signs of anxiety and depression in our children and teens.

Join Pathway Mental Health Director, Marcie Girdlestone, LPCC-S

for a discussion on why it's so hard to be a kid, and how parents can better understand and support their children to be resilient through the causes of childhood anxiety and depression.

Brook Park Library
6155 Engle Road
Cleveland, OH 44142

This program is co-sponsored by Connecting for Kids



www.pathwaycfc.org



Connecting for Kids