



worries?



Stress?

Anxiety?



**\*\*All affect our executive Functioning\*\***

Come join us for a

# Parent workshop

Given by: Linda Palmer, School Counselor

wednesday December 3, 2025

6:00 PM - 7:30 PM

Allen School Library

Please RSVP directly to this email if you would like to attend!



*Come join me as we can share practical tips for each other as parents as well as how we try to support children in our school*

Please fill out if you interested in Book Club: [Anxious Kids, Anxious Parents](#)