

Skills for Calming BIG Feelings



Dinner
and
Child Care
are
included!

WEDNESDAY

FEB 22ND

LOCATION:

**Fort Jones
Elementary School**

5:30 – 7:30pm

**No cost
to participants.**

PRESENTED BY
Anne Kramer, Ph.D.

Parents and caregivers are invited to participate in learning how to recognize signs of stress in your children and help them develop healthy ways to cope with stress and solve problems. This interactive workshop will provide information and practical tools for helping children learn to regulate their emotions and behaviors, so that they (and their families) may feel calmer and more successful in their daily routines and relationships.

Register by:

email to amiles@svusd.org

or call 530.468.2412



Anne Kramer, PhD, is a retired School Psychologist and Child Clinical Psychologist, who has worked for more than 30 years in schools and behavioral health programs for children and families. She currently works part-time as a Music Enrichment instructor at the Scott Valley Farm School.

