



ACCPA PRESENTS:

Parenting Through the Panic

WITH SPECIAL GUEST:
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27 OCTOBER 2020 | 6:00-7:30

**Please register here to receive the ZOOM Link:
<https://bit.ly/2SQuBC4>**

Children and adolescents are increasingly struggling with anxiety as we cope with Covid and returning to school. Sometimes this anxiety leads to panic attacks and often parents do not know how to help. Increased awareness of what our children are experiencing and a toolbox of strategies to guide them through those hard moments can help empower parents to support their children in the best way possible.

Alachua County Council

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