



Easing the Tension:

Helping Children Learn More Effectively

- Does your child become easily frustrated or impatient at home or at school?
- Are you concerned about their ability to cope with challenging situations?
- Do you spend more of your time trying to get your child to complete a task than it actually takes to complete it?

Your child's behavior may be due to stress and/or anxiety. This session will help parents figure out the causes of these behaviors and learn practical coping strategies for getting their children past these emotional blocks related to school, social relationships, and extracurricular interests.

Tuesday, February 13, 2018
6:00 - 7:30pm

Mt. Washington Elementary School Art Room

1730 Mears Avenue
Cincinnati, Ohio 45230

Presented by the Springer School and Center.

Sponsored by Beech Acres Parenting Center and Mt. Washington Elementary School.

If you have any questions please contact Lisa Sumner from Beech Acres Parenting Center at 513.314.0310.

Please RSVP by February 9, 2018
lsumner@beechacres.org

beechacres
PARENTING CENTER

