

ALL
ABOUT:

Coping
Skills

Title 1 Parent Meeting
PRESENTS WORKSHOP:

Coping Skills

This presentation will describe and provide parents/guardian with appropriate coping tools they can employ whenever their child is experiencing a difficult time or some form of emotional disturbance. In addition, parents will learn ways to identify the most effective coping skills that's most appropriate for their child. Parents/guardian will be able to recognize the difference between healthy and unhealthy coping tools. During the presentation parent/guardian will also be provided with different resources they can use.

**ANDOVER MIDDLE
SCHOOL**

Date: February 15

LOCATION: MEDIA CENTER
Hot Breakfast will be served!!!

Time: 9:30 a.m.