



WM. S. HART UHSD

PARENT AND STUDENT EMPOWERMENT NIGHT

“HOW TO HELP YOUR TEEN  
DEAL WITH ANXIETY”

THE YOUTH  PROJECT

Featuring

Lara Murphy, LMFT  
Child and Family Center  
AND

Tania Forero and Lauren Kliest  
Santa Clarita Youth Project

**SPANISH INTERPRETER PROVIDED**

FREE TO THE COMMUNITY

WEDNESDAY, FEBRUARY 7<sup>TH</sup>, 2018

6:30-8:00 PM

SIERRA VISTA JUNIOR HIGH MPR

19425 WEST STILLMORE ST.

SANTA CLARITA, 91351

TOPICS INCLUDE

WHAT IS ANXIETY AND STRESS?

COMMON TRIGGERS OF ANXIETY AND STRESS

WHAT ARE THE SIGNS AND SYMPTOMS?

WAYS TO COPE AND OVERCOME

QUESTIONS, PLEASE CONTACT TANIS BURLESON AT

[TBURLESON@HARTDISTRICT.ORG](mailto:TBURLESON@HARTDISTRICT.ORG) LIGHT SNACKS WILL BE PROVIDED