



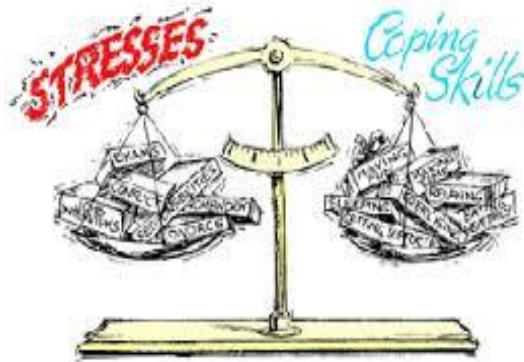
presents:

“Stress Busters: Teaching Your Kids to Cope Effectively!”

Tuesday, October 4, 2016 - 7:00 pm, Ridgefield Library

with...

Tracey Masella, LCSW (*Silver Hill Hospital*); Kristin Kleis (*Ridgefield Public Schools*);
Liz Archibald, MPH, RDN; and Leslie Cohen-Rubury, LCSW



Attendees will add new tools and strategies to their parenting tool-box, including:

- Helping kids develop better listening skills and the ability to respond empathetically to others
- Developing your child's coping strategies for self-soothing
- Distracting and calming your anxious, emotional or stressed child
- Nutritional information on how food impacts mood, energy, attention and emotion regulation
- Mindfulness and relaxation techniques to help kids regulate stress, anxiety and tension

Admission is free but registration is requested. Please go to www.ridgefieldlibrary.org or call 203-438-2282

This is a collaboration of Ridgefield Public Schools, Ridgefield Council of PTAs, Ridgefield Library, Ridgefield Youth Commission, Books on the Common, Project Resilience, Town Vibe and Silver Hill Hospital