

# GOOD STRESS VS. BAD STRESS

**WHEN: TUESDAY, OCTOBER 13TH AT 7PM**

**WHERE: MC 6TH GRADE CENTER LIBRARY**

**SPEAKER: PRICILLA SINGLETON, MSW, LMFT, LCSW**

**PLEASE JOIN OUR FIRST PARENT DISCUSSION NIGHT OF THE SCHOOL YEAR! WE WILL COVER TOPICS SUCH AS:**

- \* ANXIETY AND STRESS WITHIN CHILDREN IN DIFFERENT DEVELOPMENTAL STAGES (K - 8TH GRADES)**
- \* STRATEGIC WAYS TO HELP YOUR CHILD COPE WITH ANXIETY**
- \* PARENTAL AWARENESS AS IT RELATES TO TIME MANAGEMENT, EXPECTATIONS AND OVERCOMMITMENT**

**QUESTIONS? PLEASE CONTACT:  
DTOWNCTC@YMCAGBW.ORG**

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