

Lynbrook Council of PTA's Presents:
Parent University

**Empowering Parents with Tools to Help Their Child
Manage Anxiety, Stress, and Time**

*Learn effective tools and strategies to support your child in
managing anxiety, stress, and time while setting healthy limits to
promote balance and well-being.*

Wednesday, March 19, 2024
7:00 PM (doors open 6:30 PM)
Lynbrook High School, 9 Union Avenue

Register here:

<https://tinyurl.com/ParentU31925>



Families with Younger Children

How to set limits on activities that may cause stress and use creative strategies to manage difficult situations.

Families with Older Children

How to help your child with stress and time management, setting curfews and the role of technology.

**Featuring a Japanese Zen Garden Theme
with Refreshments!**



(Adults only please.)



Free raffle entry for attendees!

Extra raffle for anyone who pre-registers!



#OwlCares



In conjunction with
Northwell Health &
Lynbrook Public Schools



Approved for posting
3/12/25 Supt. Office

