

The Damascus/Clarksburg Cluster PTAs  
in collaboration with the elementary school counselors presents:  
**Dr. Christina Brooks, Psy.D. from the Anxiety & Behavioral Health Center**  
**Wednesday, Sept. 30, 7PM**



Parenting is one of the most challenging jobs we have. Especially now, during the pandemic, with the additional responsibilities associated with changes in our children's academics, restrictions on typical activities that allow us to cope effectively, and increased social isolation, parenting is even more challenging. As a result, we are feeling even more stressed, anxious, and exhausted. Helping our children to navigate and cope with their own emotions, while recognized as essential, can be extremely challenging.

Join us for an upcoming PTA presentation from Dr. Christina Brooks about strategies to help manage the stress of parenting and more effective ways of helping our children manage their distress too. Dr. Brooks will address:

- Ways to recognize and cope with our own emotions
- How to increase positive and effective communication with your child
- How to decrease problematic behaviors and increase appropriate behaviors

Hope to see you there! Here is the link to the presentation:

<https://mcpsmd.zoom.us/j/99534406295?pwd=R2M4enRiWUNROW84STNDdTUkFFUT09>

Passcode: 441589

Or iPhone one-tap :

US: +13017158592,,99534406295# or +16465588656,,99534406295#

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Webinar ID: 995 3440 6295

Please visit <https://anxietyandbehavioralhealth.com/> to learn more about Dr. Brooks and the Anxiety and Behavioral Health Center in Urbana.

