

## SPECIAL REGIONAL EVENT FOR PARENTS/CAREGIVERS

COMMUNITY RESOURCE FAIR &

PRESENTATION BY INTERNATIONALLY RECOGNIZED PSYCHOTHERAPIST, AUTHOR, AND SPEAKER, LYNN LYONS, LICSW

From Stress to Smartphones, from Freak-Outs to Friendships: What Parents Need to Know (and DO!) about Worry, Anxiety and Depression

**WEDNESDAY, FEBRUARY 26, 2025** 

**RESOURCE FAIR: 6-7 PM PRESENTATION: 7-8:30 PM** 

KING PHILIP MIDDLE SCHOOL, 18 KING STREET, NORFOLK

## **REGISTER**

Visit with providers of mental health, counseling, physical activities, camps and more from 6-7 pm.





DIRECTORS OF STUDENT SERVICES
ON BEHALF OF AREA SEPACS