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educate

The Billerica Parent Advisory Council
For Special Education

help

The Billerica Parents Advisory Council for Special Education
Presents

The Anxiety Generation: What's going on with our children today?

November 4th, 2010
7:00-9:00 PM
Project Support
35 River St.
Billerica, MA 01821

Children from middle school to college age are often overwhelmed by anxiety regardless of their learning style or difficulties. Are their academic challenges causing this response? More importantly, what can we, as parents and educators, do to help our children be happy, healthy and grounded in our fast paced society?

Leslie S. Goldberg, M. Ed, CEP, educational consultant from Braintree, will offer an interactive workshop including:

- **Why kids are feeling so anxious today**
- **Our on-demand society: texting, social media, fast food, etc.**
- **Warning signs to watch out for**
- **Ways to engage our children so that we can help them help themselves**
- **How and when to share any of this information with the school**
- **When to seek professional help**

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