

Lynbrook Council of PTAs 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  
3/13/25 Supt. Office

