

Topic: Sharon Speaks: Understanding Anxiety in Children

Time: Dec 15, 2020 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://sharonschools-net.zoom.us/j/89583860039?pwd=SEc3alpUdzlOZmc2RllzTG1NdVJnQT09>

Meeting ID: 895 8386 0039

Passcode: 885350

One tap mobile

+13126266799,,89583860039# US (Chicago)

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Cottage, East, and Heights PTOs present



sharon speaks!

Sharon Experts speak to the Sharon Elementary Community

Understanding Anxiety in Children

December 15th, 2020 7:00 P.M.

Via Zoom: Visit heightsptosharon.org for log in details

Many of us are struggling with stress and anxiety, especially in 2020. But we seldom give a thought as to how stress and anxiety present in our children. Attend this talk to learn what the common symptoms of stress and anxiety in children are. Learn about typical kinds of anxieties diagnosed in children. And most importantly, what we can do as parents to help our children deal with anxiety.



Mary Mesiha, LICSW

Mary is a licensed social worker, and runs her own practice. She is the PTO Secretary at Heights Elementary. Mary has three children, two at Heights Elementary and one at SMS. While taking care of her three children, she also teaches parenting classes at her church, runs events for a non-profit benefiting women, and has served on several town committees.

Questions? Email heights.pto.sharon@gmail.com