



**DECEMBER 16, 2016  
8:30–9:30 AM**

# **COOL KIDS WHO WORRY TOO MUCH**

Join Rhonda Armistead, Eastover's school psychologist and Maida Welch, school counselor, for coffee to discuss what to do when kids have too much worry and it affects their home and school life.

**Eastover  
Elementary School**

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**Anxiety  
management is a  
life-long skill, let's  
start now!**

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**Parent skills are  
key to helping  
kids tame their  
worries.**

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**We will discuss  
helpful strategies  
for coping with  
anxiety.  
Let's work  
together.**

**Eastover  
Auditorium**

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