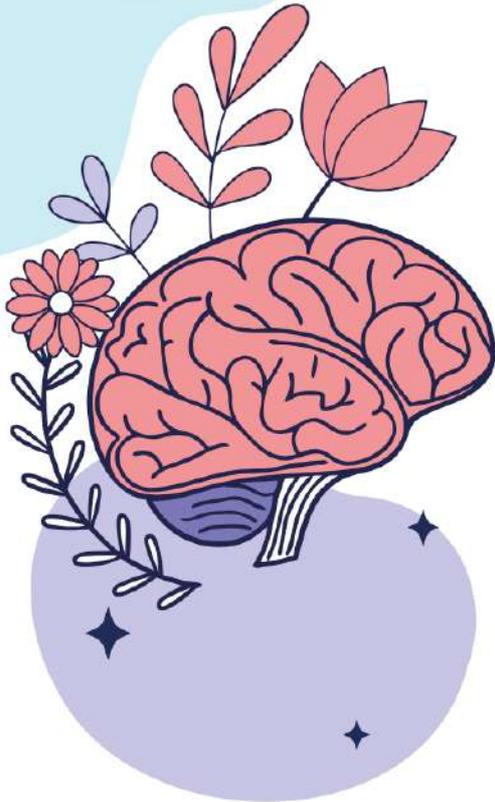


<https://us02web.zoom.us/j/81540081884?pwd=8HnMy3Flk2M75ZbdRFohrHlwbAzfvf.1>



LERU Multi-Service Agency  
collaboration with PS 131Q

# SUPPORTING CHILDREN THROUGH ANXIETY AND DEPRESSION WORKSHOP

4 MARCH, 2026  
AT 10:00 AM  
ZOOM

## Description

This workshop helps parents recognize early signs of anxiety and depression in children and adolescents. Parents will learn supportive strategies that promote emotional resilience while understanding when professional support may be needed.

## Parents Will Learn How To:

- ✓ Identify emotional and behavioral warning signs
- ✓ Respond to anxiety and depressive symptoms with confidence
- ✓ Support emotional regulation and coping skills at home
- ✓ Reduce stigma around mental health conversations
- ✓ Partner with schools and mental health professionals effectively