



R.I.D.E. THE WAVE:

**UNDERSTANDING
STRESS, ANXIETY
AND PROMOTING
RESILIENCE**

Jen Rohrbaugh, Ph.D., Comprehensive School Mental Health Statewide Coordinator, will discuss the growing concerns around stress and anxiety in children and adolescents, and provide actionable strategies for parents and guardians to help their kids develop resilience and coping skills.

VIRTUAL PRESENTATION
THURSDAY, OCTOBER 17, 2024
9:00AM - 11:00AM

There is no cost to attend.

[REGISTER!](#)



Americans with Disabilities Act (ADA): CESA #1 will provide reasonable accommodations for qualified individuals with disabilities attending our workshops or events. If you require accommodations, please contact the workshop coordinator for that event.