

NOVEMBER 30TH

6:30-8:00
LGI Room at
Earle C Davis

SEPAC WORKSHOP WITH CURTIS JONES

**Are Holidays a
stressful time for
your kids?**



DEALING WITH HOLIDAY STRESS AND SURVIVING THE HOLIDAYS WITH A CHILD WHO STRUGGLES WITH TRANSITIONS

- Does your child struggle with schedule changes?
- Does your child have stress during the holidays?
- Do Winter breaks with no schedule make your child struggle?
- Does your child have Anxiety?
- If you answered yes to any of these, you should come to this workshop!
- **Visit us on Facebook: SEPAC North East PA**

