



Western Youth Services Presents

Stress and Anxious Feelings

Ladera Ranch Middle School MPR
Thursday, November 2nd
6:30 pm - 7:30 pm

Las Flores Middle School MPR
Tuesday, November 14th
6:00 pm - 7:00 pm

What is anxiety?

Anxiety is a state of being characterized by worry and nervousness. Many times it affects our students in the form of not wanting to go to school, having difficulty with homework and tests, being uneasy in social situations, or even in physical symptoms like stomachaches or headaches.

What will parents learn?

Signs and symptoms associated with anxiety

Ways to help your child control his or her anxiety

Resources to help your student cope

For more information contact LRMS School Counselor, Tom Bogiatzis at Tobogiatzis@capousd.org or LFMS School Counselor, Alexis Goddard at aagoddard@capousd.org