



# FRANCIS HOWELL SCHOOL DISTRICT PARENT ENGAGEMENT SPEAKER SERIES

The Francis Howell Parent Engagement Speaker Series is designed to engage top experts, our parent community and school personnel in topics that will support our parents and schools in preparing our students today, for a successful tomorrow. The series provides a proactive approach in assisting our parents with information that can help them support their children.

## Understanding and Supporting Your Anxious Child

Date: January 17, 2018

Time: 7:00 – 8:30 pm

Location: Board Room, Admin. Building

Speaker: Shannon Harting, LCSW

Cost: Free

This presentation will give an overview of what happens in the brain and body when a child experiences stress or anxiety. Parents will receive concrete ideas and skills to help their child manage stress in order to maximize their academic potential. The presenter will provide online resources which teach your child about stress and help them practice gaining control over anxiety and distracting thoughts.

Shannon Harting is a Licensed Clinical Social Worker and an Educational Support Counselor for the Francis Howell School District. Mrs. Harting has extensive training in mindfulness and helping students reduce and manage anxiety. Mrs. Harting has worked with students from early childhood through high school and focuses on teaching students skills so they can feel empowered and in control of their emotions.

The Parent Engagement Speaker Series is free to attend, but we ask that you RSVP so we can accommodate all attendees. Click here to RSVP: <https://tinyurl.com/FHSD-AnxiousChild>

For more information, please contact: Dr. Chris Garland, Director of School Improvement  
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