

*William S. Hart Union High School District  
Golden Valley High School*



# PAWS

PARENT AWARENESS WORKSHOPS AND SUPPORT

## Managing Teen Stress

Our students have a lot going on: physical changes, changing relationships with peers, demands of school, high expectations and responsibilities to their families. Chris Jones, a Licensed Educational Psychologist with Dynamic Interventions, will be here to share how to manage teen stress and strategies for coping when stress arises.

**When: April 21st, 2015**

**Where: Library, Golden Valley HS**

**Time: 5:30-8:00pm**

Dinner will be served at 5:30 p.m.

Presentation will start promptly at 6 p.m.

**Who: Parents/Guardians**



Golden Valley High School

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