
District 86 & Parent Teacher Network Presents.....

Education Success - For Parents & Students

September Remote Events

*Parents and students are encouraged to participate
(from both high schools and their feeders!)*

Understanding Anxiety Related To Remote And Hybrid Learning During COVID 19:

Speakers: Stacy Gronek, LCPC, Madison Hewitt, LCSW and Dr. Maha Zayed

- Wednesday, September 23rd, 7 - 8pm Presentation / 8 - 8:30pm Q&A

This presentation will provide an overview of anxiety and how it may manifest in teens amidst COVID given the impact on their social and academic environments. We will highlight the differences between normal anxiety and clinically relevant anxiety as well as provide parents with strategies for helping their children adapt to change and tolerate uncertainty. Strategies include open communication, active coping skills, facing fears, and behavioral activation.

<https://meet.google.com/kgb-qsfu-wmk>

For questions regarding free registration, please contact any of the following co-chairs:

Parent Teacher Network Co-Chairs:

Victoria Hinderliter	viktoria42578@gmail.com
Jane Mikita Gneiser	Janeandscott21@comcast.net
Theresa McClear	Growitgreenerchicago@gmail.com
Lori Thompson	lori_a_thompson@comcast.net

District Student Support Teams

Central guidance: <https://sites.google.com/hinsdale86.org/mrscullnan/student-support-teams?authuser=0>

South guidance: <https://d86.hinsdale86.org/domain/185>

TC website: <https://d86.hinsdale86.org/The%20Transition%20Center>