

*As the Highland Local School District continues to focus on important school safety issues, we are pleased to partner with Akron Children's Hospital to offer this FREE parent presentation. We hope you are able to join us.*

## **Reducing Childhood Stress & Anxiety**

### ***A Presentation for Parents***

Today, children experience more stress than ever. This session covers many types of stress that children face, how stress impacts their physical and emotional health and what parents can do to reduce stress and increase resilience in their children.

**TUESDAY, SEPTEMBER 18, 2018**

**7-8:30 P.M.**

**HIGHLAND HIGH SCHOOL  
AUDITORIUM  
4150 RIDGE ROAD  
MEDINA, OH 44256**

***FREE COMMUNITY EVENT!***

The Presenter:

**MELISSA MCCLAIN**



Melissa is the Community Education Program Coordinator at Akron Children's Hospital. She is responsible for a social and emotional learning curriculum that includes k-12 classroom education, as well as psychological trauma education for educators and other professionals who work in a school environment. Since 2006, Melissa has educated over 68,000 students, school staff and community members. She has worked with over 150 Ohio schools and youth-related community organizations and has addressed state and national audiences on the topics of teen dating, emotional literacy, bullying and psychological trauma.

**HIGHLAND**  
Local Schools

*in partnership with*



*Akron*  
**Children's**  
*Hospital*