



January 2019

Upcoming District Presentation:

Understanding and Supporting Your Child's Stress and Anxiety

District 118 is pleased to announce that we have partnered with the Palos Behavioral Health Professionals to offer parents an opportunity to better understand and support your child's stress and anxiety. [The presentation will be held in the Palos South Little Theater on Tuesday, February 12, at 6:30 p.m.](#)

This presentation will include information on how parents can help their children navigate through their elementary and middle school years as they encounter the stress and anxiety that comes with being a student. In an effort to meet the needs of our families, much of the presentation will be designed around supporting your child if he or she experiences uneasiness with taking tests or getting good grades.

The presenter, Dr. Christopher Higgins, is a licensed, clinical psychologist and the clinical director of Palos Behavioral Health Professionals. He has over 25 years of experience in the field of psychology and has helped many families overcome the challenges that can be associated with preparing children for their futures.

Please know that the presentation content is designed for parents. We look forward to seeing you in attendance as we work together to meet the needs of our students.