

# WC How to Support your Child Emotionally & Academically in a Virtual World

Dr. Bernstein shares his extensive experience in working with children and teens by offering supportive advice for the needs of your family:

- \* Be more open about anxiety and manage it
- \* Overcome negative thinking
- \* Develop more grit & identify strengths
- \* Face challenges & setbacks
- \* Stay calmer in stressful situations
- \* Keep on track
- \* Optimize organization



**Tuesday, September 22 from 6:30 - 7:30 pm**

**Zoom link will be posted on [www.wcasd.net](http://www.wcasd.net) the day of the presentation**

Dr. Jeffrey Bernstein, Ph.D., is the author of *10 Days to a Less Defiant Child* and *The Anxiety, Depression, & Anger Toolbox for Teens*.