



Gatestone's Community Coffee Chat

Everybody worries. When is it too much?

Students Managing Worries, Stress, Anxiety

**Thursday, February 21, 2019.
9:15AM – 10:15AM**

Join us in Gatestone's library to learn more about

- ***the difference between normal worries, stress and anxiety,***
- ***what might trigger stress,***
- ***ways to support your child with normal worries, stress, or anxiety.***

Presenters

Psychological Services Consultants

Gabriella Mauro

Doreen Vella Carrozza

