

## **Understanding Adolescent**

**Development:** Covers cognitive, physical, and sexual development, as well as family relations and conflict. We discuss the actual physical changes in the brain and what that means, the physical changes outside the body and inside the body, and types of conflicts that arise during adolescence.

### **WHEN**

**January 6, 2022  
9am**

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**Grief and loss:** This presentation covers the stages of grief and loss and how to effectively communicate when experiencing those stages. The physiological effects of grief and loss on the body. There are also statistics provided to show the significance of grief and loss within the United States.

### **WHEN**

**February 16, 2022  
10am**

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**Helping Your Child with Test Anxiety:** Test anxiety affects students at all grade levels and with help can be managed. The presentation is to inform caregivers about test anxiety and how they can help their child face and manage test anxiety. Caregivers will learn what test anxiety is, how to identify it in their child, and what they can do to alleviate some of the symptoms.

### **WHEN**

**March 14, 2022  
1pm**

**VERNON  
MIDDLE  
SCHOOL**

**PARENT  
WORKSHOPS**

**WHERE:**

**Via Zoom**

**[Click here to join meeting](#)**