

# Supporting Your Children During an Uncertain School Year: Tips for Managing Anxiety Parent Webinar

Anxiety is the most prevalent mental health disorder among children and adolescents, affecting 1 in 4 youth over their lifetime. Being physically back in school for the 2021-2022 school year may help some students feel more secure, but for others the anxiety and fear can be overwhelming. It is important for caregivers to know how to help.

This one-hour webinar will offer coping strategies, tools and resources to support your children/teens who might be feeling overwhelmed, stressed or anxious.

**Free Webinar**  
**Tuesday November 2, 2021**  
**6:00pm**

Register for virtual training [here](#)

This event will also be broadcasted live on the [California Department of Education's Facebook Page](#)



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