



MSU Extension Presents: Online - Extension Extras for Parents Childhood Anxiety and Depression

DATE:
May 12, 2026

TIME:
7:30 PM - 9:00 PM

FREE

Download Zoom:

<https://zoom.us/download>

Register at:

https://msu.zoom.us/webinar/register/WN_niFCQDzYRKGcnu3qCa5vmw

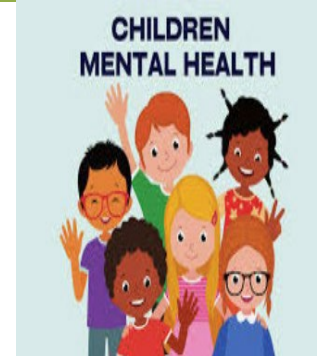


For more information or
accommodations* contact:

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DESCRIPTION:

May 12: Childhood Anxiety and Depression

Anxiety and depression affect approximately 20% of children aged 3-17 (CDC 2025), making it more important than ever for adults to feel prepared, informed and supported. Understanding how these challenges impact behavior, learning and relationships is key to helping children thrive. Guest speaker Dr. Crystal Cederna joins MSU Extension to discuss strategies for parenting and teaching children who may suffer from anxiety, while creating safe and supportive environments that avoid re-traumatization.

Extension Extras for Parents are free online parenting workshops that provide guidance for parents and caregivers as they navigate the joys, challenges and concerns of parenting.

HOW TO REGISTER:

Register in advance for any of the Extension Extras webinar workshops at the following link:

https://msu.zoom.us/webinar/register/WN_niFCQDzYRKGcnu3qCa5vmw

Choose May 12 to register for Childhood Anxiety and Depression

After registering, you will receive a confirmation email containing information about joining the meeting.

***Accommodations should be requested no later than 2 weeks before class**

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