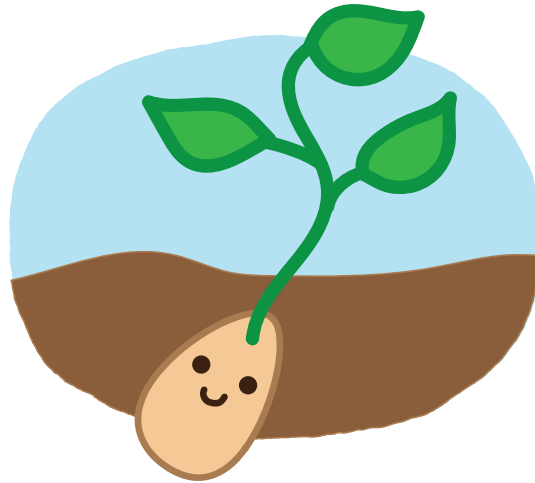


Growing Together: A PTA Parent Learning Series

RAISING RESILIENT KIDS: COPING WITH STRESS & ANXIETY



Tuesday, November 18th
Activities Center 8:15-9:15 AM

All Meadow Park Parents, Guardians, and PTA Members are invited to join us for expert tips on how to help your child:

- Build emotional resilience
- Manage everyday stress
- Cope with anxiety in healthy ways

Presented by a district specialist from
The IUSD Family Counseling Center

Don't miss this practical, empowering session, and stay for some brief PTA updates during the Association meeting.



Complimentary coffee and pastries provided by
The Game Chest. Come hear about The Game Chest
-where imagination and community meet!

