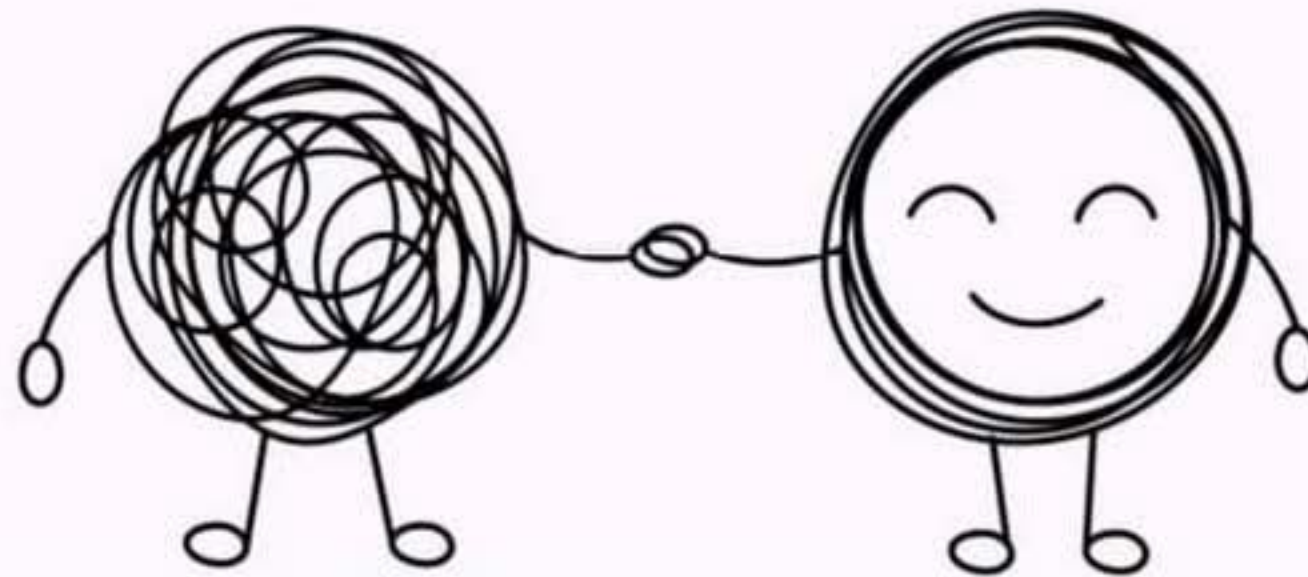


Brought to you by Mayor Ryan Martinez, the Butler Alliance and Butler Health Department

HELPING PARENTS NAVIGATE PANIC ATTACKS & ANXIETY IN THEIR CHILDREN



Join Alexander Osterman, LPC, as he teaches parents how to:

Understand anxiety, including signs and symptoms

Help a child navigate a panic attack

Learn how to recognize excessive worry

Develop coping strategies

Seek professional help

Saturday, March 22

Virtual Program

3:00 PM - 4:00 PM



Public Health
Prevent. Promote. Protect.

RSVP

<https://tinyurl.com/yk3ns96m>