

Mayor Michael Puzio and the Rockaway Township Council present a
Rockaway Township Division of Health &
Municipal Alliance of the Rockaways program

How to Help Kids Cope with Anxiety



Chronic anxiety can lead to serious mental health problems – depression, substance use and even suicide. It can interfere with the ability to focus and learn, causing school problems that can have a lifelong impact. Join LAC, Tracy Klingener, as she explains what anxiety is, ways to cope and when to reach out to a health professional.

Monday, October 25, 2021
6:30pm – 7:30pm

Rockaway Township Public Library
61 Mt. Hope Road, Rockaway

To register:

<https://engagedpatrons.org/EventsRegister.cfm?SiteID=6762&BranchID=1000002722&Branch=Main%20Library%20&EventID=440734&PK=>

