

The THS Committee for Supporting Student Mental Health is Excited to  
Provide a Special Program~

# Tips and Tricks for Reducing Stress & Anxiety and Gaining Balance

*In Response to Students Concerns and Community Interest, Parents, Students & Families of THS and our greater community are Invited to Join Us!*

*The program will provide an overview of the science of stress and anxiety; differences between acute and chronic stress and anxiety; preventative strategies; and skills and coping strategies*

*Participants will learn how to overcome the constant struggle of anxiety and how to become more resilient*

*Participants will learn a variety of anxiety reducing skills and strategies including:*

- *mindfulness*
- *thought identification*
- *goal focus*
- *use of distraction & relaxation techniques*

Please join us on Monday, June 3<sup>rd</sup> from  
6-8 pm in the Towson High School Library  
presented by

*Dr. Tana Hope, Ph.D., Director of Clinical  
Services, Child and Family Therapy Clinic  
at the Kennedy Krieger Institute*

Space is Limited – **Please RSVP** via

<https://www.signupgenius.com/go/60b054ea8a82fa02-kennedy>