

The Metuchen School District  
Special Education Parent Advisory Council  
presents

# Coping and Calming

## REFRESH YOUR TOOLKIT

Please join us to learn about helpful strategies to support your children and adolescents to cope better with stress and anxiety

We are looking forward to seeing you there!

March 22, 2023 at 6:30 pm

Virtual meeting

Zoom link:

[https://us02web.zoom.us/j/87646206568?  
pwd=aEtuZGtzYysyUTlySzhQQkJYV25XUT09](https://us02web.zoom.us/j/87646206568?pwd=aEtuZGtzYysyUTlySzhQQkJYV25XUT09)

Presented by Rutgers UBHC Clinicians

