

IPSWICH PUBLIC SCHOOLS - WITH THE
SUPPORT OF THE TRAVERSO-WEATHERALL
INNOVATION GRANT - PRESENTS:

Reducing Anxiety in Students

with Jessica Minahan, M.Ed., BCBA



With an ongoing pandemic impacting everyday life and increasing already high levels of anxiety and trauma in children and teens, overwhelmed adults require a new approach and toolkit to best support students.

Through the use of case studies, humorous stories, and examples of everyday challenges, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, accurate thinking, and self-monitoring in students.

WEDNESDAY, MARCH 31, 2021

6:30 - 8:30 PM

ZOOM INFO TO BE PROVIDED - LIVE EVENT ONLY!

With questions, contact Gena Bevilacqua, IMS Adjustment Counselor
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Learn more at <https://jessicaminahan.com/>.

At the Paul F. Doyon Memorial School, our vision is to create a joyful learning community of creative thinkers, innovative problem solvers and compassionate citizens of the world.