



DEALING WITH ANXIETY IN SELF AND CHILDREN WITH SPECIAL NEEDS

Over 40 million people experience Anxiety each year! With these high numbers, it is essential for parents to learn effective tips and techniques when raising children with special needs.

Come join us IN-PERSON for this fabulous free parent workshop! We will also be providing a zoom link, but prize winners will be drawn from those in attendance! RSVP today! (Adults only, no childcare is provided)

**November 10, 2022
7:00-8:30pm**

**Register:
<https://bit.ly/AnxNov22>**

**Nebo School District
Office Building CTE
350 S. Main Street
Spanish Fork**



MORE EVENTS

Questions? Contact Heidi Whittaker, UPC Parent Consultant serving Nebo school district at
801-228-8144 heidi@utahparentcenter.org