

Supporting Students Stress and Excessive Worry

A workshop designed for parents and caregivers

This workshop introduces parents and caregivers to effective strategies for providing children with the structure and support needed to reduce stress, enhance access to executive functioning skills, and improve academic achievement. Participants will gain an understanding of how mental health impacts learning and leave with actionable steps to enhance their child's school performance.

Presenter: Karessa Irvin is a bilingual, Brooklyn, NY native but now hails in the Bay area of CA. She is a Mental Health Trainer and Professional Development Coach from Effective School Solutions (ESS). She was formally trained at the Smith College School for Social Work in clinical social work and dedicated most of her career to working in community-based settings. She brings with her wit, humor, and a deep passion for self-awareness and reflection, because Karessa believes that change always starts within.

Wednesday, 11/15/2023 6:00 PM - 7:00 PM

***The virtual presentation can be viewed from the
JPCASE Media Center...join us!**

**RSVP [here](#) so we can plan for refreshments and
seating, or click on QR CODE:**



Can't make it? Join the webinar from your home!

<https://effectiveschoolsolutions.zoom.us/j/98268859320?pwd=TlVnZDBtem4wK0M0ZE9Hd1k3bi84QT09>