

SCHOOL BUS



CLARION
PSYCHIATRIC CENTER

Let's Prepare for the Back-To-School Transition



Do you remember counting down the weeks left of summer before the early mornings and staying up late with homework? The majority of students dread going back to school because it's hard to switch their minds from 'fun in the sun' to 'back in the classroom'. Whether your student is starting back at a new school or is just moving into a new classroom, this training is sure to make their (and your) transition back to school less stressful.

Learn how to:

- Help your student transition back into the school year
- Access available resources to make the transition smooth
- Use activities to help with stress and anxiety during this time

August 28, 2024, 7:00 P.M - 8:00 P.M.
Clarion PA YMCA



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