



Winter/Spring  
2024

## Free Online Presentations

January 19th  
12-1pm

### Fighting the Back to School Battle

Anxiety surrounding school is frustrating not only for the child but for the parent. Learn the causes behind school anxiety and some parenting strategies to help support and encourage your child through their stress.

February 23rd  
12-1pm

### Ways to Work Through the Winter Blues

Winter can be long and dreary! We want ways to take care of our physical and mental health to move through periods of sadness and worry during the winter season.

March 22nd  
12-1pm

### Supporting Students with Anxiety

As anxiety becomes more prevalent in our children, parents want to be able to support their child's worries. Learn what anxiety is all about and how to build your child's emotional health.

April 26th  
12-1pm

### Tips for a Fun and Successful Summer Break

Change and transition can be challenging, even moving into summer! Come hear ways to manage end of year stress and support changes that come in summer.

Visit our website for the Zoom link at time of presentation:  
[www.riverviewcounselingservices.com](http://www.riverviewcounselingservices.com)

## Schedule Your 2024 Community Presentations Now!

As Riverview Counseling Services believes in the power of family and personal growth, we are honored to share our knowledge, philosophies, strategies, and treatment interventions with the community around us. Upon request, we will provide presentations for school districts, parenting functions, and medical offices.

Please call 630-587-3777 ext 102 for more information on scheduling a presentation with one of Riverview's Community Liaisons!

