



Got Stress? Get Calm.

How stress causes us to find calm through both healthy and harmful coping strategies.

Wednesday, March 13, 2019

7:00 PM to 8:00 PM

Briarcliff Middle School



Featuring Kaitlin Mulcahy, Associate Director for the Center for Autism and Early Childhood Mental Health at Montclair State University

In this thought provoking parent discussion, we will learn about the ways that stress affects our brains and behavior. We will discuss how finding calm can help alleviate the effects of stress. We will also review harmful strategies for calming such as vaping, and how to replace these with healthy strategies.

Please note that there will be an assembly for Briarcliff Students about similar information on Thursday, March 14, 2019 during the day.

This program is open to all members of our community. Contact Mia Gannitello-Wianecki, H&SA VP Programming at mia68@optonline.net with any questions.