

Free Parenting Presentation

Let's De-Stress: Practical Tips for Children and Parents

Monday, February 27, 2012

7:00 - 8:30 PM

**The Freedman Center at MSPP
Newton Cultural Center, Room 101
225 Nevada Street, Newtonville 02460**

Questions? Contact 617-244-INFO

No Registration Required

Are you and your family stressed?

Today's parents and children are living with greatly increased levels of daily stress as compared to any earlier generation. How can parents differentiate between healthy and unhealthy levels - and respond in helpful and appropriate ways? Join us to explore definitions and warning signs, and to learn strategies that can be individually tailored to suit your own family needs. We will focus first on assessment and planning, and then practice some evidence-based techniques for reducing stress while increasing physical and emotional well-being.

Presenter: **Anastasia Galanopoulos, Ph.D.** is a child development and parenting education expert with a Ph.D. in Human Development and Family Studies. She has taught at Wheelock College and Pennsylvania State University. She has worked with students, educators and families for over twenty years, leading trainings in academic and community settings. She is also a support group facilitator, and parent coach through Parenting with Perspective.

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