



PLESD Parent University Presents.....

Identifying and Managing Youth Stress

Thursday, September 29th

Cobblestone Elementary School

Multi-purpose room

School has started, homework is back in the mix, and the academic and social pressures of school are beginning to impact our kids. Kids are busier today than they ever have been and it can take its toll emotionally and physically. As adults, we do a pretty good job coping with stress. What we tend to forget is how stress may be impacting our children. Stress is one of the top 5 health concerns for U.S. children. Join us as we learn to identify the different types and causes of stress in children, how to minimize stress, and what we can do to alleviate that stress.

Seminar topics will include:

- Identify types of stress
- Recognize signs of stress in children
- Examine common causes of stress in children
- Discover ways to effectively reduce stress

Schedule of Events

5:30-6:00 Coffee and Snacks

6:00-7:00—Keynote Speakers

Gayle Lukeman—Licensed Marriage and Family Therapist

Rudy Rodriguez—Sutter Yuba Behavioral Health Prevention & Early Intervention

Plumas Lake Parent University

Identifying and Managing Youth Stress is the first of a monthly series of parent seminars coordinated by the Plumas Lake Elementary School District. Please join us for this seminar, and future seminars so we can learn together how to better support our students as they progress through our school system. For questions regarding our parent seminars contact Jason Hofhenke, Director of Student Services at 743-4428 extension 743.