



DISTRICT 103 PTO PRESENTS:

# KEEP CALM AND CARRY ON:



Helping Our Children Cope with Stress while  
Identifying Anxiety & Depression in Our Youth

Join us on Tuesday April 30th, for an important evening presentation by **Dr. Mark A. Reinecke**, professor of psychiatry & chief of the division of psychology at Northwestern University's Feinberg School of Medicine. Dr. Reinecke will help parents understand how to identify if their children are coping appropriately with the stresses in their lives while identifying signs and symptoms of anxiety and depression.

Dr. Reinecke is also the author of "Little Ways to Keep Calm and Carry On: Twenty Lessons for Managing Worry, Anxiety, and Fear".

This presentation will be followed by a panel discussion about the signs we miss and the signs we may not know. Featured panelists include:

**Andrea Shelton, School Psychologist, Daniel Wright  
Ellie Marquis, School Social Worker, Daniel Wright  
Kelsey Hooper, Elyssa's Mission Educator  
Student, Stevenson High School Student**

RSVP by April 28th <https://keepcalmandcarryon43019.eventbrite.com>