

Mondays
3/1 to 3/29
1-2 PM

Coping with Stress and Anxiety

Yuba County Office of Education and Foothills Intermediate will be offering small group workshops to identify, discuss, and cope with stress and anxiety. Four one hour virtual sessions will take place on Mondays via zoom during the month of March.

This workshop will focus on general knowledge, symptoms, and coping with anxiety and stress. Groups will consist of four to seven students. Students will be selected based on counselor, teacher, and parent referrals based on the following criteria:

- Reports of concern, fear or nervousness
- Would benefit from a group setting
- Can commit to all four sessions

Students selected must get permission from their parents to participate by filling out a form via Docusign. Students must also complete a survey in addition to a pre and post test.



For more info contact:

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