



**PG**  
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# How can I teach coping skills to my Kids?

There's no question recent events taught us that we all need healthy outlets to manage stress. Come find out how to help our kids with those coping skills, by A Certified Recreational Therapist Specialist (CTRS) Jillian Sederberg.

**Wednesday,  
Nov. 15**

**1:30–2:30pm  
@PG High**



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