

Save the Date!

Tuesday December 3, 7-9 pm at Woodinville High School Theater



Parent Education Evening: Facing Student Anxiety, Stress & Challenges!

Purposeful Parenting: Creating Balance & Calm through Student Changes & Pressures



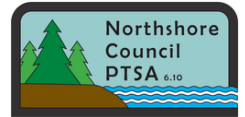
Dr. Laura Kastner

Join us for a unique opportunity for all NSD parents – an evening with the highly sought after local speaker, Dr. Laura Kastner.

Dr. Laura is a clinical psychologist and professor of Psychiatry and Behavioral Sciences at the University of Washington. This lecture will discuss positive parenting techniques on how to help our children create balance amongst school and life changes.

Dr. Laura believes that students can be resilient and successfully face anxiety, stress, pressures, and challenges with balance and support from their parents. Parents can learn to build skills for their own well-being as well as that of their students!

Please refer to www.laurakastnerphd.com for links on her articles and news interviews and TV appearances (she's appeared on the Today Show!), books, and lectures.



Brought to the NSD community by Bear Creek PTA, East Ridge PTA and Northshore Council PTSA.

"These activities are not sponsored or endorsed by the Northshore School District or any of its schools. The district assumes no responsibility for the conduct during or the safety of the activities. Northshore School District shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials including attorney's fees and judgment or awards."

Save the Date!

Tuesday December 3, 7-9 pm at Woodinville High School Theater



Parent Education Evening: Facing Student Anxiety, Stress & Challenges!

Purposeful Parenting: Creating Balance & Calm through Student Changes & Pressures



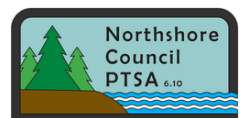
Dr. Laura Kastner

Join us for a unique opportunity for all NSD parents – an evening with the highly sought after local speaker, Dr. Laura Kastner.

Dr. Laura is a clinical psychologist and professor of Psychiatry and Behavioral Sciences at the University of Washington. This lecture will discuss positive parenting techniques on how to help our children create balance amongst school and life changes.

Dr. Laura believes that students can be resilient and successfully face anxiety, stress, pressures, and challenges with balance and support from their parents. Parents can learn to build skills for their own well-being as well as that of their students!

Please refer to www.laurakastnerphd.com for links on her articles and news interviews and TV appearances (she's appeared on the Today Show!), books, and lectures.



Brought to the NSD community by Bear Creek PTA, East Ridge PTA and Northshore Council PTSA.

"These activities are not sponsored or endorsed by the Northshore School District or any of its schools. The district assumes no responsibility for the conduct during or the safety of the activities. Northshore School District shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials including attorney's fees and judgment or awards."