



# Parent Education Night

Tues., February 26 @ 6:30pm  
Corte Madera School, PV

## Managing Anxiety and Building Self-Efficacy

Presented by Christine Pearston, Psy.D

In a fast-paced world with increasingly high expectations, it is no surprise that many children and teens are struggling with anxiety. When it comes to teaching these children how to navigate such a world, parents are constantly faced with the question of when to step in and when to step back. In this presentation, learn strategies to help your child build self-efficacy and resilience, manage anxiety about school and homework, and effectively cope with stress and failure in order to experience success.

### Details:

**Where:** Corte Madera School MUR

4575 Alpine Road, Portola Valley

**When:** Tuesday, February 26 at 6:30-7:45pm

**Who:** PVSD & Woodside K-8 Parents



**Speaker Bio:** Dr. Pearston is a licensed clinical psychologist with experience providing therapy and assessment to children, teens and young adults in a variety of settings. In her clinical work, she strives to provide a safe, understanding and collaborative environment for clients and families to meet their goals. Dr. Pearston is a generalist who feels comfortable treating a wide range of mental health concerns, but has a special interest in working with teens who are struggling with anxiety, depression, or coping with a traumatic experience.

- Manage anxiety
- Cope with stress
- Face failure and experience success
- Build self-efficacy and resilience



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