



Issues  
that  
matter

## PANDEMIC PRESSURES

# ISSUES THAT MATTER: Recognizing Anxiety and Depression in Kids

**Kids of all ages have been affected by the coronavirus pandemic, resulting in anxiety and depression.**

Learn how to tell the difference between normal child behavior and changes that indicate it's time to seek help, and the help that's available for kids and their families. Panelists will share tips and offer resources to help kids of all ages cope with pandemic pressures.

*For adults, teens and kids.*

**SATURDAY, JAN. 30  
10 a.m.**



**Zoom event.  
Register online!**

*Please register to ensure you receive a reminder the day before the event. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working.*

*Access Zoom in your computer's browser, or download the app for free on an Apple or Android device. Zoom account not required in order to participate.*

LEARN MORE AND REGISTER AT  
[sno-isle.org/issuesthatmatter](https://sno-isle.org/issuesthatmatter)

Accommodations for people with disabilities will be provided upon request.  
Please contact your library with two weeks advance notice.

