

***Please join us!***

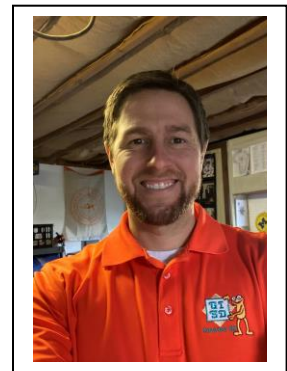
**“Stress and Anxiety: Tips to Support Youth and Family Wellness”  
a presentation by Eric Van Buskirk, Michigan’s Stay Well Program**

**Monday, November 21, 2022**

**6:30 pm – 7:30 pm**

**Join via Zoom or attend a live screening  
St. Edith AV Room, 15089 Newburgh Rd., Livonia**

In the last two years, anxiety among all age groups has seen a significant uptick. It is estimated that 1 in 4 individuals in America is suffering from anxiety to the point that it significantly impacts their daily functioning. Students and their caregivers remain particularly vulnerable as life during the pandemic era has continued to present families with uncertainty, controversy, and other increased stress. The health of youth largely depends on how well the adults around them are navigating wellness and working alongside them to navigate life’s many challenges.



In this one-hour workshop, you can expect to learn about how stress and anxiety are currently impacting our students and families, especially during an expanded era of COVID-19 challenges and uncertainty. Ideas and resources will be shared to support wellness in the various dimensions of our lives-from the digital to the emotional. This presentation will be available via Zoom live-feed from your personal device or by attending a live screening that will be moderated at St. Edith in the AV room. Please register for the event at the following link or scan the QR code to register and the Zoom invite will be sent:

[shorturl.at/jkDIO](https://shorturl.at/jkDIO)



*This presentation is provided free of charge by the Stay Well program, which is supported by the Michigan Department of Health and Human Services and federal emergency relief funding for mental and behavioral health during the COVID-19 pandemic.*

*To learn more about Stay Well, visit [www.michigan.gov/staywell](http://www.michigan.gov/staywell).*

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