

-PERFORMANCE ANXIETY- MAINTAINING A HEALTHY SENSE OF SELF IN A COMPETITIVE CULTURE

Carroll ISD Counseling Department Hosts!

Lisa Jones, LPC-S



LEARN HOW TO:

-RECOGNIZE WHEN KIDS AREN'T COPING WELL

-TEACH KIDS OF ALL AGES SKILLS TO COUNTERACT STRESS

**Parents! Students! Staff! Community!
JOIN US!**

TUESDAY, OCTOBER 14, 2014

TWO OPPORTUNITIES-HEAR THIS IMPORTANT PRESENTATION!

Tuesday Morning-October 14-Carroll High School Lecture Hall-9:00AM

Tuesday Evening-October 14-Carroll High School Lecture Hall-7:00PM

Please RSVP: erin.smith@southlakecarroll.edu



In addition to being a Licensed Professional Counselor, Lisa Jones is a DMA certified Stress Management Consultant. She has worked with people of all ages in business settings, hospital settings, and in private practice. Her passion is helping adults and teens acquire the coping skills necessary to effectively manage stress and a variety of mental health issues in a positive way.

LOCATION: The Carroll High School Lecture Hall is located at the following address:
800 White Chapel Blvd. Southlake, Texas 76092

NOTE: Visitors must sign in at the front office for the day presentation and may enter the Lecture Hall from the rear entrance of the building (located next to the cafeteria entrance) for the evening presentation.