

# FAMILY VIRTUAL EVENT

Clinical psychologist & comedian [Matt Bellace Ph.D.](#), presents coping strategies to parents around reducing stress, dealing with disappointment & making healthy choices.

You won't want to miss this entertaining & informative program!

## SUPPORTING OUR KIDS IN REDUCING THEIR STRESS (AND OURS)

*Open to families  
grades 7-12*



*Sponsored by:  
Montgomery High School  
Counseling Services*



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