



WILMINGTON PUBLIC SCHOOLS

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**Wilmington Public Schools, in Collaboration with McLean Hospital Anxiety
Mastery Program, Present a “Lunch and Learn”:**

A Deeper Dive into Effective Coping for Children and Adolescents

**Friday, April 30th
12:00 PM-1:00 PM**

As a follow up to their first parent talk during the Caregiver Virtual Series Nights, “Supporting Kids in Using Effective Coping Strategies When Faced with Tough Challenges: Validation and Finding The Middle Ground (vs. fragilizing or being too strict), Yudelki Firpo-Perretti, PH.D, staff psychologist and Michelle Silverman, PH.D, postdoctoral fellow at McLean Anxiety Mastery Program and School Consultation Program, will discuss additional strategies parents can use to support their children in managing strong emotions and approaching tough challenges. There will also be time for a Q&A at the end. *Please note that Drs. Firpo-Perretti and Silverman can only address questions related to mental health and behavior management and will not be able to address any academic concerns or school logistics.*

Register in advance [here](#)

Please contact Christine Murray, Coordinator of Behavioral Health & Social Emotional Support: Christine.murray@wpsk12.com with any questions.

Notice of Non-Discrimination

All educational and non-academic programs, activities and employment opportunities at Wilmington Public Schools are offered without regard to race, color, sex, religion, national origin, ethnicity, sexual orientation, gender identity, homelessness, age and/or disability, and any other class or characteristic protected by law.