

# KIDS

Keys for Individuals with Disabilities

A Series of Free Parent Information Sessions Provided by Florida Diagnostic and Learning Resources System (FDLRS) Parent Services and Hillsborough County Public Schools for Families of Students Receiving Exceptional Student Education (ESE) Services

## Finding Balance: Effective Stress Management

*This session discusses the causes and symptoms of stress and how to take control of your stressors by making changes in your feelings, attitudes and behaviors.*

**Thursday, April 13, 2017**

**10:30 am to 12:30 pm**

*Registration and resource tables will open 30 minutes prior to program.*

**UF Extension Services, 5339 County Road 579, Seffner 33584**

Register Online: <https://april2017kids.eventbrite.com>

Or Email: [fdlrparentservices@sdhc.k12.fl.us](mailto:fdlrparentservices@sdhc.k12.fl.us) or Phone: (813) 837-7732