



FRANCIS W. PARKER CHARTER ESSENTIAL SCHOOL
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Please join us for an informative evening dedicated to supporting students!

Effective Parent Interventions for Student Anxiety and Emotional Distress

November 1, 2022; 6:00-7:30 PM – Parker Auditorium
(virtual link will also be available).

Alex Hirshberg will join us in person on November 1st to talk with parents/guardians about supporting students experiencing emotional distress of various kinds (anxiety, school avoidance, stress, work completion issues, etc.). Outcomes for the evening include:

- + Normalizing emotional distress as part of the learning process
- + How adult attempts to support students in distress sometimes worsen emotional distress in the long run
- + How to provide supportive approaches to help children that aid them in persevering through emotional distress

Alex has been working with the Parker Faculty this year, and we are excited to have him work directly with parents/guardians as well! Please save the date and plan to join us (a virtual link will be made available for those who cannot attend in person).

Alex Hirshberg, Psy.D., Hirshberg Behavioral Services, LLC

Alex Hirshberg is a clinical psychologist and founder of Hirshberg Behavioral Health Services. He has spent the last several years providing consultation, professional development, and assessment services for dozens of districts across Massachusetts. He received his doctorate from the Massachusetts School of Professional Psychology.

