



Minimizing Back-To-School Stress during COVID19: Facebook Friday Online Chat Tomorrow

We've all heard it, "I don't want to go to school!". School anxiety is not uncommon. Starting school, going to a new grade, bullying, it's matric – there are many reasons why some children and teens are anxious about school.

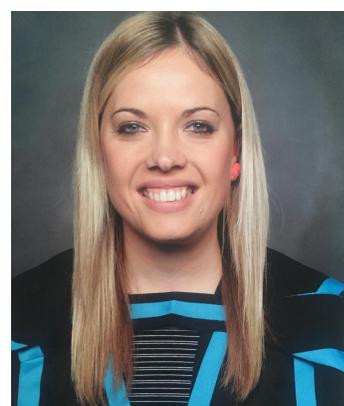
But 2021 isn't just any new school year. We're in the midst of a global pandemic that shows no signs of relenting; the opening of schools has been postponed a number of times, and different schools are using different models to deal with the pandemic. In 2020, an unprecedented number of learners worldwide were unable to attend school. Some schools offered online teaching, some used social media platforms like WhatsApp, others simply did not have the infrastructure and were reliant on parents to home school their children.

While we, as parents and teachers, are navigating the stresses and strains of a COVID-19 world, we need to be able to recognize symptoms of fear, stress and anxiety in our children – and be able to effectively address them.

If you're a parent or a teacher, don't miss SADAG's Facebook Friday FREE online Q&A on the 5th February 2021 to ask our experts any questions you may have. Join the afternoon chat between 1pm – 2pm with Candice Cowen, Clinical Psychologist and Educational Psychologist, Lucy Robinson in the evening between 7pm – 8pm on 'How to Minimise Back-to-School Stress & Anxiety During COVID-19'.



Clinical Psychologist Candice Cowen



Educational Psychologist Lucy Robinson

To join these expert chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to www.sadag.org. Facebook users that

would prefer to remain anonymous, can send their questions via a private message for SADAG to ask on their behalf.

SADAG provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. To speak to a counsellor call 0800 21 22 23 or SMS 31393 (7 days a week, 365 days a year).

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