

## **Family stress on deck for Lunchshop series**

Interested in knowing more about childhood anxiety and coping with family stress? Then come out for a Lunchshop series program, 11 a.m. to 1 p.m. Feb. 12 at Bryan Station High School.

At this session, you'll:

- \* Hear positive ways that families caring for persons with disabilities can deal with stress.
- \* Learn about services provided by Bluegrass IMPACT, NAMI Lexington and Croney & Clark Inc.

Lunch is provided. RSVP by calling the Parent Resource Center at (859) 381-4229.

Sponsors include the Fayette County Parent Resource Center, Bryan Station High School Youth Service Center, Bluegrass IMPACT East and the Commission for Children with Special Health Care Needs.

### Upcoming Lunchshops calendar:

**Feb. 21:** "What's Love Got to Do with It" -- Using Love to Heal Yourself and Your Family, noon to 2 p.m., Bluegrass IMPACT East.

**March 11:** "Epilepsy 101," noon to 1:30 p.m., Commission for Children with Special Health Care Needs.

**March 18:** "Struggling with Reading," 11 a.m. to 1 p.m., Bryan Station High School.

**March 20:** "Helping Our Children Make Positive Friendships," noon to 2 p.m., Bluegrass IMPACT East.

For more information, contact Donna Gatewood, parent coordinator, at (859) 381-4229 or [donna.gatewood@fayette.kyschools.us](mailto:donna.gatewood@fayette.kyschools.us)