

Join us for the 5th Annual Mental Health and Wellness Conference



Keynote Speaker
Dr. Amy Przeworski
Case Western Reserve University

USING STRESS TO YOUR ADVANTAGE IN ACHIEVING ACADEMIC SUCCESS AND EMOTIONAL WELL BEING

Amy Przeworski, Ph.D. is an associate professor of psychology at Case Western Reserve University in Cleveland. She earned a Bachelor's degree in psychology from the University of Pennsylvania and a Master's Degree and Ph.D. in clinical psychology at the Pennsylvania State University. Dr. Przeworski completed her clinical internship and an NIH T-32 postdoctoral fellowship at Brown University Medical School. She has 18 years of experience in treating and researching stress and anxiety in children, adolescents, and adults and has published numerous journal articles and chapters on this topic. Dr. Przeworski leads research projects on family and cultural factors which promote resilience in children and adolescents, and on novel treatments for anxiety and stress. In collaboration with schools in the Cleveland area, she is currently developing school-based interventions for children with math and reading anxiety. Dr. Przeworski is married to a teacher, has two children, and volunteers one day a week in her daughter's school, helping children who struggle with math.

Saturday
September 29, 2018
8:00 a.m. to 1:30 p.m.

Fairfax High School
3501 Rebel Run
Fairfax, VA 22030 ([map](#))

- ✓ **Welcome message** by FCPS Superintendent, Scott Brabrand
- ✓ **Keynote** by Dr. Amy Przeworski
- ✓ Three **breakout sessions**, each with many options from which to choose
- ✓ **Middle and High School Students: Our Minds Matter Teen Summit**
- ✓ **Resource tables** representing public and private agencies providing services within our schools and community
- ✓ **Concessions** available for purchase (proceeds support Fairfax High School's Science Olympiad team)

Conference Details and Registration are Available!

<https://www.fcps.edu/mentalhealthwellnessconference>



FCPS educators who attend
the entire conference can
earn five recertification points