

Dear Parent / Teacher,

Your child / students will be participating in the **Mini Mood Monster** program presented by McMillen Health on \_\_\_\_\_.

Stress and anxiety can affect anyone who feels overwhelmed – including kids. As children grow, academic and social pressures can create a stressful environment. Fortunately, kids can learn strategies to reduce the impact of stress and to regulate their emotional and behavioral response. During this program, students will learn how their brain and body are connected and that while all emotions are valid, not all behaviors in response to those emotions are acceptable. Students will also learn and practice a variety of self-regulation strategies to tame their “mood monsters”.

Our goal is to provide a learning experience that is both fun and informative. Please email me at [sgleason@mcmillenhealth.org](mailto:sgleason@mcmillenhealth.org) or call me at 260-456-4511 or toll free at 1-888-240-7268 should you have any questions concerning this program. If I am not available, another Health Educator will be happy to assist you!

Thank you for scheduling this program with McMillen Health!

Sincerely,



Shannon Gleason  
Director of Educational Services