

Are your children suffering from your job loss?

Are your children feeling insecure or afraid of losing their home or lifestyle?

Are your children suffering from anxiety or depression over changes at home due to job loss?

We want to offer you some tips on helping your children cope with this difficult time

- Don't overload children with too many details on your job loss or your feelings about it
- Don't give younger children the same information you would give teens
- Be honest and straightforward without expressing fear –your fear will bring out fear in them
- Keep a positive attitude –children will stay upbeat if you are upbeat
- Maintain open communication—if they have questions answer them, don't shut down

Here at The P.A.C.E. Center we want to help you and your family during these tough economic times. We have printed materials available on coping with stress and anxiety and we have a staff of licensed counselors who can help you get through difficult days.

If your children need extra help we have a Licensed Professional Counselor, Michelle Evans, who specializes in working with children. To make an appointment for your child call 583-5802.

