

Deadlines

away for the  
stress  
on a new

KIDJ  
Have  
Stress  
tools



# GOT STRESS?

**HEAD AND MLK MAGNET SCHOOLS PARTNER TO BRING YOU SOME RELIEF!**

Parents will get tips on handling every day stress at home and work. Students will learn strategies for handling the stress of the transition from middle school to high school to college -It can be scary and bring on a lot of unnecessary burdens for both the parent and student. **Join Us...It's Free!**

**Two Dates Available**  
**MLK-**  
**Tuesday, November 3, 2009**  
**6:00 p.m.**  
**Head – In the cafeteria**  
**Thursday, November 5, 2009**  
**6:00 p.m.**