



www.GoZen.com

Is Your Child Experiencing Stress or Anxiety?

The worry begins as a trickle in his mind. It develops momentum and drops into his body causing his palms to sweat, heart to race, and nerves to soar. Finally, your child's worry erupts: *"Mommy, what if I have a new teacher in school? I don't want to go. My tummy hurts."*

Enter GoZen! We teach children skills of resilience

GoZen! teaches children how to understand and manage their worry. We roll up good old-fashioned research and science into a powerful, engaging medium that kids can't resist: **Animations**. Check out our ever-growing library of programs for anxiety relief, social skills, emotional intelligence skills, and mindfulness at www.GoZen.com



**Learn more at
www.GoZen.com**

