



*Monday, November 9, 2020
6:00-8:00 p.m.*

*Via Zoom
(Link to Be Sent via Email the Morning of the Event)*

Presenter: Karen Neifer, Professional Development Specialist

What Parents Can Do to Help Their Anxious Child

One in three children will experience a significant anxiety disorder before adulthood. It is important for these children to receive intervention to prevent long-term anxiety issues. The good news is that a 2019 study at Yale University found that training parents how to react to anxious child behaviors is as effective at reducing anxiety as providing therapy to the child.

Come learn the techniques to help you work with your anxious child!

- 1. What parents need to know about the symptoms and types of anxiety**
- 2. How to support and talk to your child about anxiety**
- 3. How to help your child challenge their fears**
- 4. Strategies to teach your child to manage daily anxiety**

To register for this session click on the link below:

<https://www.eventbrite.com/e/what-parents-can-do-to-help-their-anxious-child-tickets-121247651991>

**** The content of this workshop is geared toward parents. There will be no Act 48 or continuing education credit offered if a professional chooses to attend this workshop.**

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