

About Our Kids: Parenting Workshops

For Parents of Anxious Children

Is your child **excessively anxious**?

Does anxiety **stop him or her** from doing things that other kids do every day?

Do you find that trying to reassure your child **doesn't work**, and feels exhausting?

Do you get **frustrated and angry** because nothing is changing?



This 4-part workshop series will provide you with:

- **the secrets to understanding your child's anxiety**
- **easy to learn strategies for parenting your anxious child**
- **tips on how to be your child's best coach in their battle against anxiety**

The goal of the workshop is to teach parents how to help their children cope effectively in situations that trigger anxiety. Over time, your children will learn to manage and overcome their worries independently, and will no longer avoid the things that previously worried them.

Workshops run monthly and consist of 4 weekly sessions.

Cost: \$100 per session
Please call for start date.

For more information, please contact:
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This workshop series is provided by the Anita Saltz Institute for Anxiety and Mood Disorders.