

Belmont-Redwood Shores PTA Council & SchoolForce Present

PARENT EDUCATION NIGHT

Now What?

Helping Children (and Ourselves) with Anxiety in this Uncertain Time

This parent-focused presentation provides a framework of positive, action-based strategies to help children/teens effectively mitigate and cope with symptoms of anxiety and depression, strategies made all the more relevant by our current environment. Using creativity, connection and energy, parents will learn how to increase flexibility, support the tolerance of uncertainty, and emotionally equip children as they move into this school year.



Speaker: Lynn Lyons

Lynn Lyons is a licensed clinical social worker and psychotherapist. She speaks on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is coauthor of two books: *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.

Join us on Monday, September 14, 2020 from 6:00pm - 7:30pm PT

Register here: <https://tinyurl.com/y5d6c345>