

# Free Parent Workshop Preventing Anxiety and Depression: Skills We Can and Should Be Teaching Our Children

Thursday, March 2, 2017

Postponed - Check back for new date

Peakes Auditorium, Bangor High School, 885 Broadway, Bangor

## Stop the Worry Cycle



Lynn Lyons, LICSW, a Concord, NH psychotherapist specializes in the treatment of anxious children and their parents. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She presents internationally to mental health and medical providers, educators, school nurses, and parents.

Children and parents experience anxiety from time to time. While some anxiety is appropriate and typical, at times it can become overwhelming, and can affect the daily routines and relationships of both parents and children. Please join us to learn strategies for breaking the worry cycle so we can raise courageous and independent children and improve the emotional functioning of our families. Lynn Lyons will talk with parents about the positive role they can play in problem solving, tolerating discomfort, and emotional management.

**Students age thirteen and over may attend this presentation if accompanied by a parent/guardian.**

This FREE parent and teacher workshop is sponsored by Bangor School Department's Office of Pupil Services with support from the Southern Penobscot Regional Program for Children with Exceptionalities. Please call the Office of Pupil Services at 992-4173 or email [lpoirier@bangorschools.net](mailto:lpoirier@bangorschools.net) to reserve a seat.