

SUPPORTING YOUR ANXIOUS CHILD

A practical workshop on managing anxiety in children.

Is your child struggling with anxiety? Give them the tools to manage it!

The School Mental Health Program presents "Parenting Through Anxiety," a free, 5-week lunch-and-learn workshop series. This program provides you with the knowledge and strategies to help your child thrive.

Workshop Topics:

- Understanding Childhood Anxiety
- Worry vs. Anxiety: Identifying the Difference
- Empowering Kids with Anxiety Management Techniques

In this workshop, you'll learn:

- How to recognize the signs of anxiety in children
- The difference between worry and anxiety
- Effective strategies to help support your child through managing their anxiety

This program runs 5 times per year and is held on Wednesdays, from 12-12:45pm.

Session 1

10/1 | 10/8
10/15 | 10/22
10/29

[Registration Link](#)
or Scan QR code:



Session 2

11/12 | 11/19
12/3 | 12/10
12/17

[Registration Link](#)
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Session 3

1/7 | 1/14
1/21 | 1/28
2/4

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Session 4

2/25 | 3/4
3/11 | 3/18
3/25

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Session 5

4/15 | 4/22
4/29 | 5/6
5/13

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Presented by Northwell Health School Mental Health Program

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