

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 session is a 6-week program and is held on Wednesday, from 12-12:45pm, on
11/12, 11/19
12/3, 12/10
And 12/17

[Click Here to Register](#)
or Scan the QR code:



Frequently Asked Questions:

Is registration required to join the webinars?
Yes. Registration is required to attend the workshop.

Where is the link to join the webinars?
The link to join the webinar will be sent to you by Zoom after you register.

What if I have additional questions?
Please email us at SchoolAvoidance@northwell.edu

Presented by Northwell Health School Mental Health Program

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