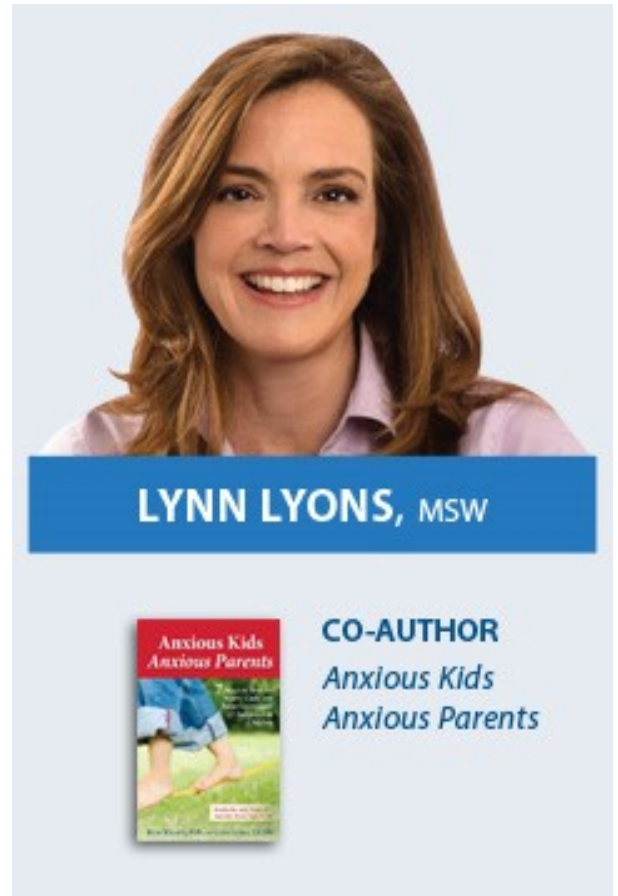


Reducing Anxiety: ***Skills we can (and SHOULD be)*** ***teaching our children.***

Anxiety is all too common, and depression rates in children and teens continue to rise. We know untreated anxiety in a child is a top predictor of depression in teens and young adults. Therefore, understanding how these two problems overlap is valuable information for parents and those who work with children. In this presentation, Lynn Lyons focuses on recognizing and interrupting/unhinging the most common anxiety and depression enhancing patterns: reassurance, accommodation, avoidance, and three cognitive habits. She then teaches how to adopt a process-based strategic “umbrella approach” that changes both the child and adults’ entrenched and damaging patterns of thinking and behavior.



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Anxiety



**Community
for Care**

TOGETHER KEEPING
SIMSBURY YOUTH
ALCOHOL AND DRUG FREE

SAVE THE DATE!!

Monday, November 5 –

6:30 PM

Henry James

Memorial School Cafe

**All people ages 13+ are invited to
attend this presentation!**

Sponsored by: Simsbury Public Schools,

Simsbury Special Education Parent Teacher Organization (SEPTO) and Community for Care.