

# Wise Parent – Brave Child

*How to help your anxious child or teen*

## Live Workshop

Saturday April 6, 2024

9:30 AM – 2:30 PM

(\$99 a person/\$150 per couple)

Lunch Included

Is your child or teen worrying too much or avoiding important situations?

- *Social anxiety*
- *Fear of sickness or death*
- *School avoidance*
- *Excessive worry*
- *Inability to relax*
- *Panic attacks*
- *OCD*
- *Avoids leaving home*
- *Separation anxiety*
- *Sleep problems*

## Parents will learn:

1. Why your child is struggling with anxiety.
2. Common mistakes that intensify anxiety.
3. How to calm your child in moments of high anxiety.
4. How to develop a personalized plan for their child to manage anxiety.
5. When medication is needed.



Our Presenter, **Jonathan League** LPCC-S, LICDC-S, has specialties in Child and Adolescent Mental Health Counseling (Anxiety, ADHD, Depression, Grief etc.), Addictions Counseling and Family Counseling.

Registration at <https://www.counselingacf.com>

(513) 229 – 8386 EXT #5