

Workshop Location ACF Counseling 6400 Thornberry Ct. Mason, OH 45040

<u>Wise Parent – Brave Child</u>

How to help your anxious child or teen

Live Workshop

Saturday May 4th, 2024 9:30 AM – 12:00 PM (\$50 per family)

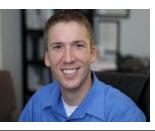
Is your child or teen worrying too much or avoiding important situations?

- 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 <u>https://www.counselingacf.com</u> (513) 229 – 8386 EXT #5