

Please note that materials that are approved for distribution are not necessarily endorsed or sponsored by the New Milford Public Schools.



Free

Date 2/25/19

Parent Workshop



Helping Your Child or Teen with Anxiety

Thursday, March 21, 2019

From 6:30—8pm

At the Youth Agency

Sign Up on myyouthagency.com

Free Child Care provided for school aged children

Limited Space: sign up with stacey@youthagency.org

Tips and Strategies for your school aged kids...

How can you talk about worry and anxiety in a positive way? * How much stress is too much stress? * How can a parent help? *
When and how to seek professional help. * What works and what might make it worse?

About our Presenter: Laura Cleary, LMSW

Laura is a social worker with many years of experience working with youth and families. She is currently Director of Weston Youth Services, a Promise Presenter for Sandy Hook Promise, and a Parent Educator



Brought to you by:

New Milford Youth Agency. 2 Pickett District Rd., New Milford CT. 860-210-2030.