

ANXIETY MONSTER

How to Turn Godzilla into Pete's Dragon

PRESENTED BY:



AND

Healthy Driven
Linden Oaks
BEHAVIORAL HEALTH

A PRESENTATION FOR:

- K-12 parents, grandparents, and other concerned relatives
- K-12 teachers, staff, and administrators
- Counselors, psychologists, nurses, and social workers (CEUs and CPDUs available)

Tuesday, April 17th – 6:30PM
Plainfield High School –
Central Campus Auditorium

Featured Speaker:

Dr. Laura Koehler, Psy.D.

Licensed Clinical Psychologist and Clinical Supervisor of the Anxiety Services Program at Linden Oaks Behavioral Health

Join us for this information-packed presentation and Q&A session and discover:

- Strategies to help your child manage overwhelming emotions in a healthy way
- The biggest mistakes parents make in reacting to strong emotions in their children and the risks associated with over-accommodation in response to anxiety and stress
- Surprisingly simple ideas to promote resilience and self-soothing
- What to do in response to school anxiety, school avoidance, and school refusal behaviors
- Ways to identify and manage risk when anxiety and overwhelming emotions are out of control
- Practical tips to empower children to improve overall functioning in response to anxiety, stress, and other strong emotions

Presentation will be available in both English and Spanish.

EVENT SCHEDULE

- 6:15pm – Welcome/Community Resource Fair
- 6:30pm – Presenters
- 8:00pm – Q & A with Presenters
- 8:30pm – Closing

Find the Plainfield Parent Community Network (PPCN)

Online at: www.plainfieldparentcommunitynetwork.org

On Facebook: [@plainfieldparentcommunitynetwork](https://www.facebook.com/plainfieldparentcommunitynetwork)

On Twitter: [@PPCNetwork202](https://twitter.com/PPCNetwork202)

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