

SUPPORTING YOUR ANXIOUS CHILD

A practical workshop on managing anxiety in children.

Is your child struggling with anxiety? Give them the tools to manage it!

The School Mental Health Program presents "[Parenting Through Anxiety](#)," a free, 5-week lunch-and-learn workshop series. This program provides you with the knowledge and strategies to help your child thrive.

Workshop Topics:

- Understanding Childhood Anxiety
- Worry vs. Anxiety: Identifying the Difference
- Empowering Kids with Anxiety Management Techniques

In this workshop, you'll learn:

- How to recognize the signs of anxiety in children
- The difference between worry and anxiety
- Effective strategies to help support your child through managing their anxiety

This program runs 5 times per year and is held on Wednesdays, from 12-12:45pm.

Session 1

9/18 | 9/25
10/9 | 10/16
10/23

[Registration Link](#)
or Scan QR code:



Session 2

11/6 | 11/13
11/20 | 12/4
12/11

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Session 3

1/8 | 1/15
1/22 | 2/5
2/12

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Session 4

2/26 | 3/5
3/12 | 3/19
3/26

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Session 5

4/9 | 4/23
4/30 | 5/7
5/14

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Presented by Northwell Health School Mental Health Program

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