

7 Ways to Stop the Cycle

A Free Workshop for Parents & Teachers

Anxious Kids *Anxious Parents*

7 Ways to Stop the
Worry Cycle and
Raise Courageous
& Independent
Children

Works for Any Type of
Anxiety, from Ages 8-18

REID WILSON, PhD and LYNN LYONS, LICSW

Monday, April 9, 2017 6:30-8:30
Campbell High School Auditorium

When children and their parents are in the grips of anxiety and worry, it feels overwhelming and mysterious. Anxiety is a very persistent master. When it moves into families, it takes over daily routines, school work, bedtime and recreation. To make matters worse, the things that we do intuitively as adults to help and console our anxious children actually makes the anxiety stronger. This workshop will discuss concrete strategies parents and educators can use with children and teens for families to handle current anxiety and also prevent the development of anxiety and depression later in life.

What past attendees say:

"Fantastic presentation. I cannot say enough good things about Lynn's workshop. She is engaging, energetic, funny, and inspiring."

Lynn Lyons, LCSW, a Concord, NH psychotherapist specializes in the treatment of anxious children and their parents. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She presents internationally to mental health and medical providers, educators, school nurses, and parents. She is regularly featured on television and public radio, including Katie Couric and Morning Edition.

