

Warren Township Youth & Family Services

Parenting the Anxious Child

How to better understand and help your child

This **2-week group** provides parents a better understanding of what anxiety is and how it uniquely impacts children, role of attachment, practical strategies for parenting and tips that can help their children. Parents are encouraged to openly discuss their challenges and try new strategies at home. This group is open to parents of children formally diagnosed with anxiety or whose worrying impacts their life. This group is presented by child and family therapist Alison Koehler, LCPC.

Fee: \$20 R / \$40 NR - *Registration is per couple*

Monday's and Wednesdays (Oct. 12, 14, 19, 21)

6:00 - 7:00 pm

Via Zoom

Questions: Call 847-244-1101 ext. *401 or email youthservices@warrentownship.net