

Caregiver Workshop

Recognizing Anxiety in Young Children: Effective Self-Regulation Strategies for a Calmer Household

Presented by Kaela Wright,
MS, LLP



Monday, October 2 7 p.m.

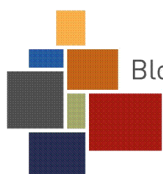


Focus on identifying anxiety in children, ages 3 - 10 years. Caregivers will learn to differentiate between common troublesome childhood behaviors and those that are symptoms of anxiety. Attendees will also learn how childhood anxiety differs from that of adulthood anxiety and be introduced to emotion regulation strategies for home.

No registration required.



Please contact us if you require any additional accommodations.



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