



MANAGING YOUR CHILD'S ANXIETY: CAREGIVER PRESENTATION

THURSDAY, JANUARY 26 AT 7:00-8:00PM

As parents, we are often striving to support our children through the many challenges of life. One of the most effective ways to support the management of anxiety is for parents to have an understanding and the tools needed in the moment. Gates Middle School Adjustment Counselor, Lindsay Newton, will be offering an evening presentation for caregivers to address how caregivers can best support children to manage their anxiety.

The presentation will highlight the brain's response to anxiety, coping skills to manage emotions, and a seven step process, created by LICSW Lynn Lyons, to address ongoing anxious patterns in children and families. If you have struggled with your child's worry, had to change plans due to an anxious reaction, or feel like your world is revolving around the anxiety of your child, this presentation is for you.

PRESENTATION FOR CAREGIVERS

1/26/23 AT 7:00PM

ROOM 1029 @ GATES
MIDDLE SCHOOL

PRESENTED BY GATES
ADJUSTMENT COUNSELOR,
LINDSAY NEWTON

EMAIL LNEWTON@SCIT.ORG
FOR MORE INFORMATION

ALL PARENTS, CAREGIVERS,
AND COMMUNITY MEMBERS
WELCOME

Scituate Public Schools:
<https://www.scit.org/>

