



CASE Collaborative



*The EDCO, CASE and LABBB Collaboratives invite you to attend the Professional Development workshop:*

# Helping Kids and Teens Cope with Anxiety: A Workshop for Parents and Guardians

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**November 5, 2014**

**7:00 PM - 9:00 PM**



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**A**nxiety is the most common emotional problem in children and teens, and can sidetrack youngsters from learning, making friends and having fun. Does your child worry too much and/or seem intense and reactive? Does your child insist on doing things perfectly or get upset about making mistakes? Does your child get nervous around people or show reluctance to try new things? Or have meltdowns over little things?

**D**uring this presentation, the presenter will discuss the differences between normal anxiety and problematic anxiety, red flags and warning signs, what you can do as a parent, and ready-to-use strategies to help your child. Other topics surrounding anxiety such as worry, shyness, separation anxiety, test anxiety, perfectionism and rituals will also be included.

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- Presenter:** Aureen Pinto Wagner Ph.D. is a sought-after international speaker who presents workshops for parents, school professionals and clinicians in the treatment of anxiety. She specializes in cognitive-behavioral therapy (CBT), and has developed the child-friendly *Worry Hill™* approach to making CBT accessible to youngsters. Dr. Wagner is an Adjunct Associate Professor in the Department of Psychiatry at the University of North Carolina at Chapel Hill School of Medicine.
- Audience:** Parents and Guardians of students of all ages
- Registration:** Please contact Dana at EDCO via e-mail - [dmullaley@edcollab.org](mailto:dmullaley@edcollab.org)
- Fee:** No cost - participants may consider making a donation of \$5 - \$10 to help defray the workshop costs.
- Location:** EDCO Collaborative, 36 Middlesex Turnpike in Bedford

*Questions?? Please call EDCO at (781) 259-3445*