

# ANXIETY 101: PARENT COACHING



*Please join in an interactive **online** group session for parents and caregivers of children and adolescents with anxiety. The training will be facilitated by an experienced child and family therapist, Jennifer Rich, L.M.F.T.*

More and more families have a child who feels anxious or is suffering with mental health struggles. This course provides parents educational training about the condition of anxiety, as well as suggestions of tools to use at home to help you and your child. The class is offered for parents and caregivers once every three months. Topics to be covered at the session will include:

- Defining anxiety.
- New therapies and techniques available for relaxation and breathing.
- How to implement coping statements.
- The importance of mindfulness, acceptance, and self-care.
- What to do if your teen has a panic attack.
- Tips for “scheduling” obsessive thoughts.
- Suggestions for how to build confidence in your child or teenager.
- Practice of effective and positive communication styles.

**February 7, 2024 7:00-8:00pm**

Center for Developing Minds

Session Fee: \$100.

Please register with the clinic in advance for the online class login link.



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