

The Anxious Child

A Parent Academy on learning to recognize and manage ANXIETY in children



Is your child just a Type A personality, or does he/she truly exhibit symptoms of anxiety? Children living with high anxiety can feel excessively frightened, distressed, or worried during situations in which most children would not feel that way. Well-meaning parents and even teachers may say things such as, “Stop worrying”, or “You’re making a big deal over nothing”, which undermines what the child is actually feeling. In order to better understand your child or student, this workshop will provide you with information explaining what your anxious child may be feeling and provide you with helpful strategies to help them manage their anxiety.

Is Anxiety seemingly something new your child is experiencing? A variety of situations can bring on these feelings in children: a traumatic event such as the flood, a divorce, social media experiences, etc. Attending this presentation may provide you with the strategies you need to help your child overcome!

Anxiety or ADHD?

Often children with high anxiety are thought to be ADHD. Find out how to recognize the differences between the two. While the symptoms may be similar, the treatments are very different.

This presentation will **NOT** discuss labeling of **ANY** child nor will it provide a diagnosis of the topics presented. The focus is to provide parents and educators with information to make better decisions for the children in their care.

Date: February 21, 2019

Time: 6:00 p.m.-7:30 p.m.

Place: Lit and Tech Center

9261 Florida Blvd.

Walker, LA 70785

Presenter: Jamie Clark, LCSW, BACS

SEATING IS LIMITED!

Hosted by the LPPS Family Resource Center

Call or Email today to reserve your spot!

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This workshop is open to ADULTS only.....Please, No Children

Provide child’s school and grade level when registering.