

NAVIGATING CHILD & ADOLESCENT Tricety O

ANXIETY EXPLAINED. KIDS EMPOWERED!

TUESDAY, SEPTEMBER 26

9:00 AM - 3:00 PM LUNCH PROVIDED

DIXON ELKS LODGE

1279 FRANKLIN GROVE RD.

CEU'S & PROFESSIONAL DEVELOPMENT HOURS AVAILABLE

FOR TEACHERS, LPC/LCPC, LSW/LCSW, & LMFT

REGIONAL OFFICE OF EDUCATION #47
LEE - OGLE - WHITESIDE

Anxiety is a very normal human response but for as many as 1 in 5 young people, the symptoms become so intrusive, they significantly interfere with day to day living. The effects can steal into families, classrooms and friendships. They can undermine the way children see themselves and shrink their world – but it doesn't have to be this way. Anxiety is very manageable when it is recognised and properly managed. With the right support children can be empowered with the skills and knowledge to manage anxiety and move forward with courage and resilience.

This dynamic workshop will help participants to recognise anxiety disorders in children and adolescents (3 - 18 years). It will delve into the obvious and not so obvious signs of anxiety, discuss where they come from and why they exist, and offer a range of practical, powerful interventions to assist participants to respond effectively within their own professional context.



REGISTER TODAY

HTTPS://SWIY.CO/ TEEN-AND-ADOLESCENT-ANXIETY











ABOUT KAREN YOUNG

Karen is a sought-after psychologist, educator, consultant, and speaker who has worked with parents, schools, government bodies, and child and adolescent focused organizations across the world. She is the founder of 'Hey Sigmund,' an online resource that provides research-driven information on anxiety and the neurodevelopment of children, and the author of three bestselling books.

