

# Parenting an Anxious Kid

*Does your child struggle with excessive worry that is difficult to control?*

*Is the anxiety starting to cause physical symptoms (stomachache, headache, difficulty concentrating, muscle tension, or sleep problems)?*

*Do typical parenting strategies not seem to help??*

Many common parenting strategies backfire with anxious kids. Come learn research-supported techniques from child specialists who work with anxiety on a daily basis. Get support from other parents who understand and will encourage you on the journey.

*Studies show that working with parents is essential to improve a kid's behavior. After all, you spend more time with your child than anyone else!*



## ***Our Group will help parents***

- ❖ Understand the world of worried kids
- ❖ Learn effective anxiety management skills
- ❖ Apply these skills in everyday situations
- ❖ Find hope and encouragement as a family

Our 6-week group will begin Monday 1/28/19 from 7:00 – 8:00pm and run weekly through 3/11/19 (NO President's Day 2/18/19). Please contact us to register. Insurance Accepted. In-Network BCBSIL PPO.

**We also offer One-to-One Parenting an Anxious Kid Consultations which include 4-6 sessions with one or both parents and are scheduled during school hours.**

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