

Parenting an Anxious Kid

Our worlds have been turned upside down the over the last few months.

Anxiety, Stress, & Uncertainty are seriously challenging our kids and impacting our whole families.

Let us offer you support and new parenting strategies.

Many common parenting strategies backfire with anxious kids. Anxiety management skills that worked under normal life circumstances are likely not working as effectively in our current environments. We want to use our expertise to help you navigate your new day to day. Join our interactive video group to learn research-supported techniques from child specialists who are in the middle of helping families problem solve, manage anxiety, and care for each other each day. You'll also have the chance to share ideas and get support from other parents who are facing similar challenges and will encourage you during these uncertain times.



Our Video Group helps 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

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 daytime hours.

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