

ANXIETY MONSTER

How to Turn Godzilla into Pete's Dragon

Tuesday, April 17th – 6:30PM
Plainfield High School –
Central Campus Auditorium

Join us for this information-packed presentation and Q&A session and discover:

- Strategies to help your child manage overwhelming emotions in a healthy way
- The biggest mistakes parents make in reacting to strong emotions in their children and the risks associated with over-accommodation in response to anxiety and stress
- Surprisingly simple ideas to promote resilience and self-soothing
- What to do in response to school anxiety, school avoidance, and school refusal behaviors
- How to decrease anxiety and increase rational thinking using Distress Tolerance Survival Strategies
- Ways to identify and manage risk when anxiety and overwhelming emotions are out of control
- Ideas to create a skills "tool box" stocked with concrete items to facilitate coping
- Practical tips to empower children to improve overall functioning in response to anxiety, stress, and other strong emotions

Presentation will be available in both English and Spanish.

Find the Plainfield Parent Community Network (PPCN)
Online at: www.plainfieldparentcommunitynetwork.org
On Facebook: [@plainfieldparentcommunitynetwork](https://www.facebook.com/plainfieldparentcommunitynetwork)
On Twitter: [@PPCNetwork202](https://twitter.com/PPCNetwork202)

PRESENTED BY:



AND

Healthy Driven
Linden Oaks
BEHAVIORAL HEALTH

A PRESENTATION FOR:

- K-12 parents, grandparents and other concerned relatives
- K-12 teachers, staff, and administrators
- Counselors, psychologists, nurses, and social workers (CEUs and CPDUs available)

EVENT SCHEDULE

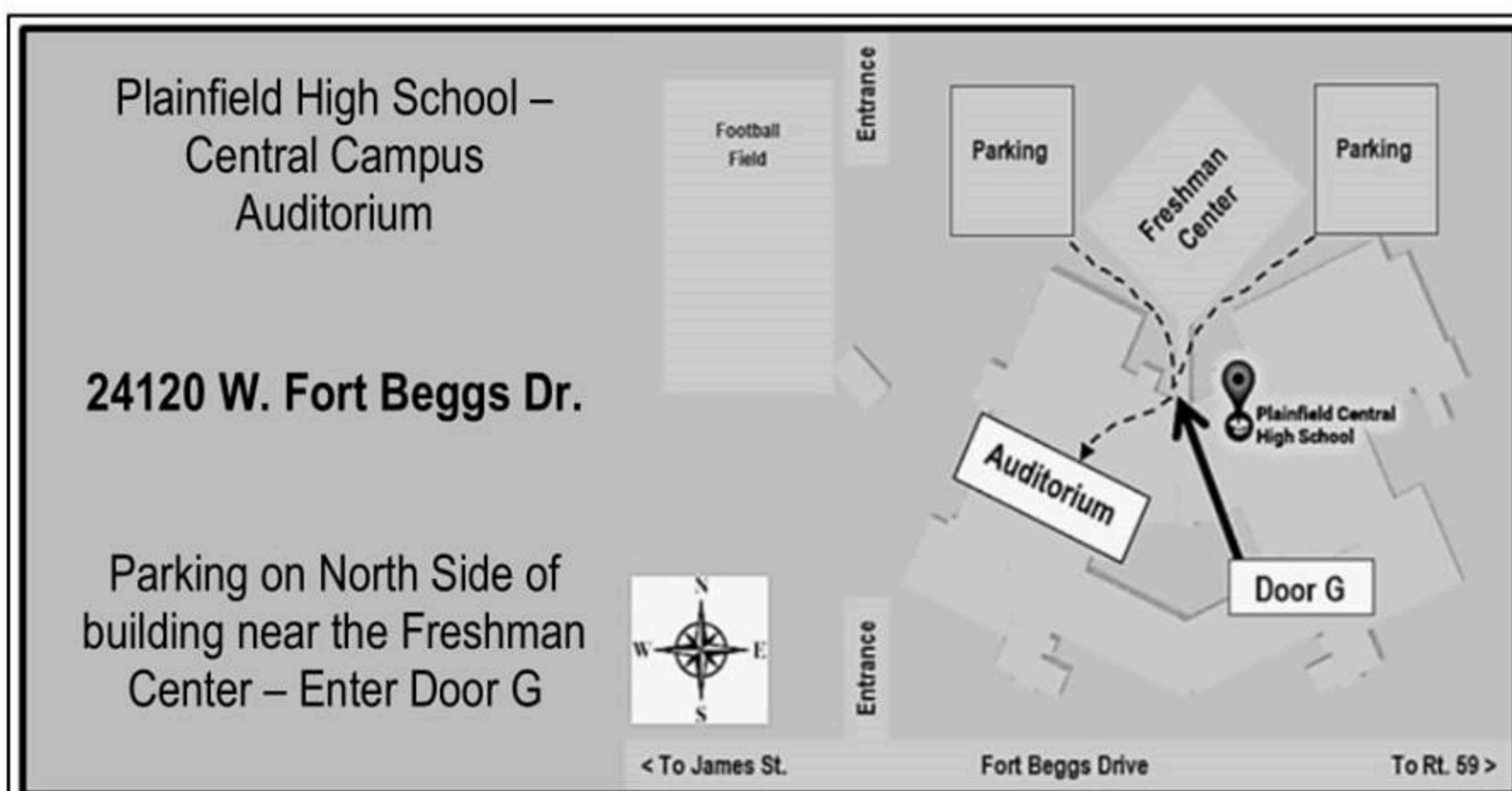
- 6:15pm – Welcome/Community Resource Fair
- 6:30pm – Speaker
- 8:00pm – Q & A with Speaker
- 8:30pm – Closing

FEATURED SPEAKER



Dr. Laura Koehler, Psy.D.

Licensed Clinical Psychologist and Clinical Supervisor of Anxiety Services at Linden Oaks Behavioral Health



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