

HAVING DIFFICULTY PARENTING YOUR ANXIOUS CHILD OR TEEN?

Are Your Efforts at Helping Your Distressed Child Strengthening Their Anxiety?

Are you Frustrated Watching Your Teen Avoid Activities They Once Loved?

Do you Feel Helpless Watching Your Child or Teen Suffer From Debilitating Worry?



AT THIS FREE WORKSHOP LEARN:

8 Common Mistakes to Avoid When Parenting Your Anxious Child/Teen

9 Effective Strategies to Help Your Anxious Child/Teen Cope With Anxiety

PROVIDED BY SHARI CARPMAN, LPC, RPT AND FAITH ULSH, LAC.

THURSDAY APRIL 11, 2019 7-8:30 PM

218 SCHANCK ROAD FREEHOLD, NJ 07728.

TO REGISTER, EMAIL SHARI CARPMAN AT SCARPMAN@MAC.COM WITH SUBJECT LINE STATING "ANXIETY WORKSHOP".

MUST REGISTER TO ATTEND, SPACE IS LIMITED!

While there is no one-size-fits-all solution for anxiety, there are multiple research based techniques that can help you teach your kids how to effectively cope with anxiety and find happiness in their lives!

Join us to learn how!