

FREE

The Gift of Anxiety & Depression Prevention

DATE: Thursday, October 5, 2017 **TIME:** 6:30 – 8:30 pm

LOCATION: Hollywood Rd Education Services Building

Parents & Students Welcome!

Everyone, students and adults, worries and feels anxious at times, but when anxiety and worry impact you or your child in ways that limit your life and lead to avoidance of certain situations or activities, it is time to do something. Our guest speaker for the evening, Lynn Lyons, will be focusing on skills you can teach your children so they can step into difficult situations rather than avoid them.



Lynn Lyons, LICSW, is a licensed clinical social worker and psychotherapist who lives in Concord, New Hampshire and is in private practice there. For 24 years, Lynn has helped individuals, families, and groups overcome their anxiety, compete effectively, and parent confidently. Lynn specializes in the treatment of anxiety disorders in adults and children, with a special interest in breaking the generational cycle of worry in families. She is the coauthor of two books on anxiety, "Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children", and the companion book for kids, "Playing with Anxiety: Casey's Guide for Teens and Kids."

Hollywood Road Education Services Buildings

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