

Managing Anxiety During Uncertainty

How to Help Your Kids Get Through It

Zoom One-hour Discussion Presented by

Kate Sheehan, LCSW
September 16, 4 p.m.

What is anxiety and what is acute anxiety?
What do fear and stress typically look like in kids and teens?
How and when does anxiety interfere in learning?
Does anxiety interfere in friendships?
Learn practical strategies to help kids (and the whole family)
manage stress, and push back on ways anxiety affects our
thoughts, bodies and actions.

Kate Sheehan, LCSW, is the Managing Director of UCLA's Center for Child Anxiety Resilience Education and Support (CARES), which raises awareness about childhood stress and anxiety while working with parents, teachers, physicians and therapists to support children. Kate is a graduate of Columbia University, and practices as a strengths-based psychotherapist. She is a Mindful Self-Compassion teacher. Being witness to others' courage and growth is one of her core joys and privileges.



PLEASE RSVP AT:

www.reachschool.org/speaker-series

Zoom meeting details to be sent by email

RSVP by Tuesday, September 15, 2020

(This event is complimentary.)