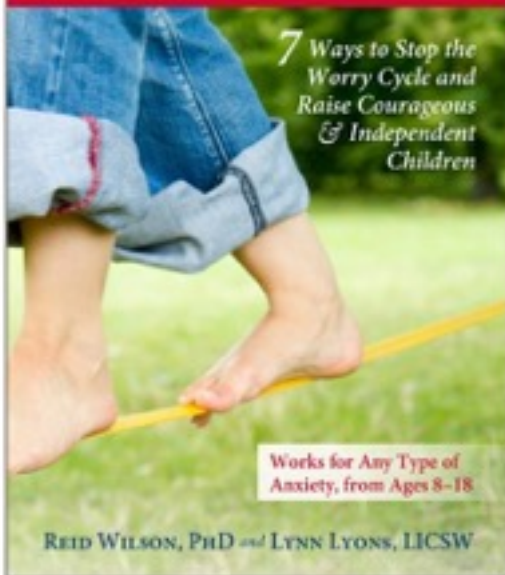


Exeter School District Staff & PTO Present

Anxious Kids Anxious Parents



7 Ways to Stop the Worry Cycle A Free Parent & Teacher Workshop

Wednesday, October 5th
6:00pm-8:00pm

in the Lincoln Street School Cafeteria

When children and their parents are in the grips of anxiety and worry, it feels overwhelming and mysterious. Anxiety is a very persistent master: when it moves into families, it takes over daily routines, schoolwork, bedtime and recreation. To make matters worse, the things that we do intuitively as adults to help and console our anxious children actually make the anxiety stronger. This workshop will discuss concrete strategies

parents and educators can use with children and teens for families to handle current anxiety and also to prevent the development of anxiety and depression later in life.

What past attendees say:

“Fantastic presentation. I cannot say enough good things about Lynn's workshop. She is engaging, energetic, funny, and inspiring.”

Lynn Lyons, LICSW, a Concord, NH psychotherapist specializes in the treatment of anxious children and their parents. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She presents internationally to mental health and medical providers, educators, school nurses, and parents. She is regularly featured on television and public radio, including **Katie Couric** and **Morning Edition**.

