

All CCSD93 PARENTS

Please join us for our upcoming Glenbard Parent Series presentation:

DON'T TRY HARDER TRY DIFFERENT – MANAGING ANXIETY & STRESS

DATE: THURSDAY, MARCH 6TH

LOCATION: District Office, Board Room

TIME: 12:00 pm – 2:00 pm

230 Covington Drive, Bloomingdale IL 60108



**Workshop
Presented By:
Dr. Patrick McGrath, Ph. D.**

Patrick McGrath, Ph.D., is the Director of the Alexian Brothers Behavioral Health Hospital's Center for Anxiety and Obsessive-Compulsive Disorder Program, President of Anxiety Centers of Illinois, and President of OCD-Midwest, an affiliate of the International OCD Foundation. He's the author of a stress management workbook titled Don't Try Harder, Try Different as well as The OCD Answer Book. Dr. McGrath has also been featured on the Discovery Health Channel's documentary "Anxious" and on The Learning Channel's "Hoarding: Buried Alive."

Please call Jamie Grant at 630-539-3154 or Email at grantj@ccsd93.com to register for this **FREE workshop**