

When “Stop Worrying!” Doesn’t Help: Parenting the Anxious Kid or Teen

This three-part parenting workshop will help you understand why your child or teen is struggling with anxiety and what you can do to help them with their fears. Each session offers specific suggestions for managing the distress and behavioral challenges that come with anxiety. Join with other parents facing similar concerns and gain confidence in your response to an anxious child or teen.

Session 1: Getting Started

- Understanding the Cycle of Anxiety
- Talking to your child or teen about worry
- Supporting the anxious or panicked child or teen



Session 2: Teaching Coping Skills for Facing Fear

- Mantras for coping
- Turning off your body alarm
- Having fun with worry

Session 3: Tackling Big Worries

- Break it down, take the first step
- Building a coping ladder
- Working with professionals

Who should attend? This workshop is designed for parents/guardians of kids or teens ages 9 to 18 who worry more than others. The kinds of anxieties to be addressed include struggles with separations, sleeping alone, phobias, extreme shyness, performance anxiety, OCD, and panic. Please note that post-traumatic stress related anxiety is *not* addressed.

Instructor: Mary Haake, Ph.D., is a local psychologist with over thirty years of experience working with kids, teens and parents. While on staff at Kaiser Oakland’s Department of Psychiatry, Dr. Haake led workshops for many years, teaching parents and kids how chronic worry develops and how to fight back against it.

Dates and Times:

Thursdays, July 10, 17, and 24
6:45 PM to 8:15 PM

Location:

Ann Martin Center
1375 55th Street, Emeryville, CA 94608
Tel. (510) 655-7880

Registration Fees:

The fee is \$75 for this three-part workshop. This fee covers you plus one guest. Payment can be made by check or credit card and must be received by **July 7th** to hold your reservation. For payment by credit card, please call Connie O’Neil at (510) 655-7880, ext. 333. For payment by check, please make your check out to **Ann Martin Center** and mail to:

Cristina Benki, PhD
Ann Martin Center
1375 55th Street
Emeryville, CA 94608

We will have your name(s) at the registration table when you arrive for the workshops.

If you need to request a fee reduction or waiver, please email Cristina Benki at cbenki@annmartin.org or leave a message at (510) 655-7880, ext. 222. These forms also need to be received by **July 7th**.