



# Southington Youth Services

## Parent Information Series

Presents:

# HELPING CHILDREN OVERCOME ANXIETY

Thursday November 7th, 2019

7pm-9pm

At the offices of Southington Youth Services  
196 North Main Street, Southington CT

Anxiety problems in children are a growing concern: separation anxiety, test anxiety, performance anxiety, social anxiety, etc., seem to be more common every year. Parents play a significant role in helping children prevent, manage and overcome anxiety and this workshop will cover topics including the causes of anxiety and practical ways parents can help children reduce anxiety symptoms and avoidance behavior. The presenter is Dr. Thomas Finn, psychologist with over 30 years of experience in the treatment of anxiety.

All programs are only available to Southington residents.

Admission is free and space is limited!

Please call (860)276-6282 to register or for more information.