

Free Workshop for Parents sponsored by

Gloucester County Public Schools

Helping Kids Cope with Anxiety

Presented by

Aureen Pinto Wagner, Ph.D.

Monday, August 21, 2017: 6:30 - 8:30 p.m.

Scola Auditorium at Page Middle School

5198 T.C. Walker Road Gloucester, VA 23061

Anxiety is the most common emotional problem in children and teens, and can sidetrack youngsters from learning, making friends and having fun.

- Does your child or student worry too much? Seem intense and reactive?
- Insist on doing things perfectly or get upset about making mistakes?
- Get nervous around people or show reluctance to try new things?
- Have meltdowns over little things?

Dr. Wagner will discuss (just to name a few things!):

- The differences between normal anxiety and problematic anxiety
- Worry, shyness, separation anxiety, test anxiety, perfectionism, rituals & others
- Red flags and warning signs at home and school
- How anxiety manifests at home and in school
- Practical, ready-to-use tools for anxiety at home and school
- What not to do: strategies that don't help

Dr. Aureen Pinto Wagner, anxiety expert, award-winning author and international speaker, is a clinical child psychologist and Director of The Anxiety Wellness Center in Cary. She is an Adjunct Associate Professor of Psychiatry at UNC Chapel Hill School of Medicine. Her books *Worried No More*, *Up and Down the Worry Hill* and *What to Do When Your Child has Obsessive Compulsive Disorder* will be available for purchase at the workshop. More information about Dr. Wagner at www.anxietywellness.com

To register, copy this link to your browser: <https://www.eventbrite.com/e/helping-kids-cope-with-anxiety-tickets-35794180357> Password to register is: School