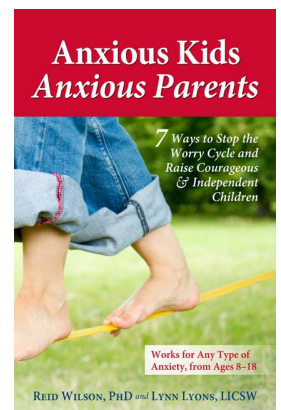


Interrupting the Worry Cycle: Skills We Can (and Should!) Teach Our Children A Parent & Teacher Workshop By Lynn Lyons (children 13 and older welcome to attend with their parents)

Wednesday, September 12th 6:30-8:30pm
Bedford High School Theater
Sponsored by:



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.



Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 28 years specializing in the treatment of anxiety disorders in adults and children.

Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought after expert, appearing in the New York Times, Time, NPR, Psychology Today, and other media outlets.

With a special interest in breaking the generational cycle of worry in families, Lynn is the coauthor of two books on anxiety: *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.

Books/DVDs will be available for purchase at the event.