



Anxiety & OCD Center

Parenting Anxious Children

A 3-part group based workshop for parents and caregivers

www.anxietyocd.com



Meeting 1: "The Age of Angst"

- A comprehensive look at how anxiety and OCD affect children and their families.
- How anxiety and OCD present in children.
- Do we as parents sometimes inadvertently maintain our children's anxiety and OCD? If so, what we can do?

Meeting 2: "A House Divided"

- How child anxiety affects the household. As parents, are we vulnerable to our children's anxiety?
- How should parents respond?
- Simple strategies for managing your child's anxious responses and any co-occurring irritability.

Meeting 3: "Beyond Behavior: strategies for response and support"

- Further education: additional strategies for response and support for anxious children.
- Incorporation of strategies for parent modeling, verbal responses, family activities, self-care.
- Reinforcement of traditional therapy techniques

AT A GLANCE

- Friday, February 7, 2025
5:30pm-7pm
- Friday, March 14, 2025
5:30pm - 7pm
- Friday, April 4, 2025
5:30pm -7pm
- \$75 per person/\$100 per couple
- Advance payment is needed to confirm your attendance. Cancellations without charge are accepted outside of 72 hours.
- To Register: Call 484-947-8820 or email admin@anxietyocd.com



DR. RYAN STAUDLE

Licensed psychologist

"When faced with a decision, always make a choice based on what is important to you, not based on what you are afraid of."

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