

JOIN US

Refreshments & Snacks will be provided!

November 29th & December 13th

Central Middle School
Community Auditorium
4855 Bloom Avenue
White Bear Lake, MN 55110

November 29th • 6:30pm-8:30pm

Title: Understanding Anxiety in Adolescents

Anxiety is on the rise across all ages. Children and adolescents are taken to pediatricians more often for stress related stomach aches and headaches than they are for colds and the flu. It is helpful to understand the signs of anxiety in adolescents, how anxiety works and how it can become self-reinforcing and debilitating without intervention both at home and when it is necessary to seek professional help. Knowing the difference between fear and anxiety and the symptoms of anxiety is of paramount importance. In this session you will learn about anxiety in adolescents and the development of skills that are necessary for a parent to support their adolescent through these tumultuous years as well as ways to continue to stay connected with them and seen as an ally rather than one more stressor.

December 13th • 6:30pm-8:30pm

Title: Understanding the Anxious Brain in Childhood

Anxiety is one of the number one challenges facing children and adolescents today. It is on the rise in both in childhood. Children are taken to pediatricians more often for stress related stomach aches than they are for colds and the flu. It is helpful to understand the signs of anxiety in children, how anxiety works and how it can become self-reinforcing and debilitating without intervention both at home and when it is necessary to seek professional help. It is also to understand what the contributing factors and triggers are in childhood anxiety. Knowing the difference between fear and anxiety and the symptoms of anxiety is of paramount importance. In this session you will learn about anxiety in children and the development of skills that are necessary to help buffer a child's anxiety, build self-confidence and self-esteem as well as help to sooth the anxious brain.



Lora Matz
LICSW

Lora has been a psychotherapist for over 25 years. She is a leader in healthcare's emerging field of Integrative Medicine. She is a transpersonal psychotherapist, lecturer, writer, and teacher. Lora worked in Washington, DC for several years as the Associate Director of the Center for Mind-Body Medicine (CMBM). She continues to work as a senior faculty member for the Center's Professional Training Programs.

This Program is brought to you through a Grant awarded by Ramsey County Children's Mental Health Collaborative (RCCMHC)

For any questions or if you are in need of childcare please contact:

Avis Fink, MSW, LICSW at 651.407.7559