



“Supporting your Anxious Child”

(Ages 5-12)

Hosted by Kristin O’Rourke, LCSW
Owner of In-Home LCSW, PLLC
Author of the children’s book,
“There’s a Bully in My Brain”

Is your child expressing feelings of anxiety over things that they cannot control?

Do their worries impact their daily routines?

Are they shy in social settings?

Do they lack confidence or have low self-esteem?

Do you feel helpless and confused on how to help them?

- **Learn how to identify the signs of stress and anxiety in children**
- **Discuss steps you can take to decrease their stress level**
- **Review concrete coping techniques and relaxation exercises to use at home**

Date: December 2nd, 2017

Time: 10-11:30am

**Location: In-Home LCSW
14 S. Main Street, Suite 1
New City, NY 10956**

**Cost: \$20 in advance
\$25 at door**

****Space is limited. Reserve your spot today!***

Please email Jami Nolan at Jnolan@inhome LCSW.com or call 917-597-9270 to RSVP

Read more about Kristin O’Rourke, LCSW at www.inhome LCSW.com