



Prevention Outreach While Encouraging Resilience

WORRY & RUMINATION: Bad Actors in the Learning Process

Worry is part of life. But negative thinking patterns can sap confidence and hamper the learning process.

This workshop will help parents learn to identify and reduce negativity in their own thinking. Simple changes in parents' thinking patterns can improve those in their children and support learning and overall well-being within the whole family.

Date: Monday, February 12, 2018

Time: 6:30-8:00 PM

Location: Ashland Public Library

Audience: Community



Betsy Handley, LMHC DCMHS is a licensed mental health counselor with ten years of experience working with kids, teens, and their families. She holds an American Mental Health Counselor Diplomate as a Clinical Specialist in Child and Adolescent Mental Health and recently earned certification as a Clinical Supervisor from Mass. Mental Health Counselors Association (MaMHCA). She is currently the Director of Professional Development for MaMHCA where she will serve as President until 2019.

