

From SETBACKS to SUCCESS:

EXPERT ADVICE for PARENTING During Turbulent Times

Presented by Dr. Megan Schmitz, Psy.D., Licensed Clinical Psychologist

Dr. Schmitz previously co-developed and programmed the Adolescent Anxiety Program at Linden Oaks Hospital, where she worked with kids hospitalized with debilitating anxiety. Most recently, Dr. Schmitz created The Intensive Anxiety Clinic, which serves as an intermediate level of care between traditional outpatient services and hospitalization.

Join us for this parenting presentation and walk away with . . .

- Tools to support healthy coping.
- Recognition of behaviors to avoid and how to help your child face his/her fears.
- Knowledge of how challenging emotions like anxiety help your child grow and adapt.
- Understanding of the important role of consequences in fostering motivation.

Saturday,

September 9th

9:15 – 10:45 a.m.

Geneva Middle School SOUTH

1415 Viking Drive, Geneva (Presented in the Cafeteria)

\$5/adult

Scholarships are available
based on need.

Register at:

<https://secure.acceptiva.com/?cst=ce01d2>

Walk-ins are welcome, too!

This presentation is offered by:



Family
Services &



Geneva
Coalition
for Youth

in conjunction with the
CORE by HGNA event.

ALL are welcome!