



*The Hooksett PTA presents:*  
**Strategies for Managing  
Children with Anxiety  
in School and Home**

**A free parent and teacher  
workshop by Lynn Lyons**

Tuesday, February 13, 2018

6:30 - 8:30 PM

Hooksett Memorial School  
5 Memorial Drive, Hooksett NH

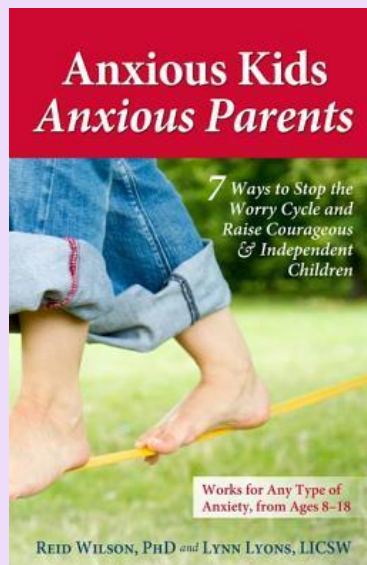
When children and their parents are in the grips of anxiety and worry, it feels overwhelming and mysterious. Anxiety is a very persistent master; when it moves into families, it takes over daily routines, schoolwork, bedtime and recreation. To make matters worse, the things that we do intuitively as adults to help and console our anxious children actually make the anxiety stronger. This workshop will discuss concrete strategies parents and educators can use with children and teens to handle current anxiety and also to prevent the development of anxiety and depression later in life.

What past attendees have to say about Lynn Lyons...

*"Fantastic presentation. I can not say enough good things about Lynn's workshop. She is engaging, energetic, funny, and inspiring."*

*"Learning so much about anxiety and depression. Lynn Lyons is terrific!"*

*"Kudos to our school district for bringing Lynn Lyons to speak to parents and educators. Very informative!"*



Lynn Lyons, LICSW, a Concord, NH psychotherapist specializes in the treatment of anxious children and their parents. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She presents internationally to mental health and medical providers, educators, school nurses, and parents. Lynn is regularly featured on television and public radio, including **Katie Couric** and **Morning Edition**. Books and DVD will be available for purchase.