

# Online CHILDHOOD ANXIETY

March  
23-25, 2021

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*"Occasional anxiety is an expected part of life. You might feel anxious when faced with a problem at work, before taking a test, or before making an important decision. But anxiety issues involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, school work, and relationships."* National Institute of Mental Health

**This virtual cohort is designed for those interested in learning more about Childhood Anxiety. Participants will discuss the theory behind anxiety and strategies to help children develop coping skills, in order to grow emotionally and feel capable and happy. These sessions will address the following topics:**

- **Types and Causes of Anxiety**
- **Strategies to Deal with Anxiety**

## Audience

Teachers, SLPs, Counselors,  
Central Office Administrators,  
Principals, Paraprofessionals,  
Community Members and  
other interested educators

## Cost

\$50.00 per person

## Time

2:00-4:00 PM Daily

## Learning Hours

6 Learning Hours

## Registration

**WWW.ESCNEO.ORG**

(professional development/calendar of events)

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