



MARCH  
14, 2024



9:00AM- 3:30 PM

Advance registration is  
required

COST: \$50.00

**Audience:**

Teachers, SLPs,  
Psychologists, Counselor,  
Administrators, Principals,  
Parent, Community Members,  
Paraprofessionals and other  
interested Educators

[www.escneo.org](http://www.escneo.org)  
Professional Development/  
Calendar of Events

**Facilitator:**

Mary Lou Fasko  
School Psychologist &  
Consultant

**Location:**

ESC of Northeast Ohio

# Childhood Anxiety



"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, schoolwork and relationships"

National Institute of Mental Health

This workshop 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, to grow emotionally and feel capable and happy. This session will address the following topics:

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

