

CHILDHOOD ANXIETY



October 20, 2021

Presented by: Mary Lou Fasko,
Educational Consultant and
School Psychologist

"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 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, in order 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**

This workshop will be held in person, with hybrid option.

Audience

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

Cost

\$50.00 per person

Time

9:00 AM - 3:30 PM
Lunch will be on your own

Learning Hours

5.5 Learning Hours

Registration

WWW.ESCNEO.ORG

(professional development/calendar of events)

Questions: mary.pramik@escneo.org

216-901-4229