

Parent Enrichment Program, Understanding Teen Stress and Anxiety

Teen anxiety is at an all-time high, and arming kids with healthy coping strategies is more important than ever. Is it alright to be an average teen in today's world? What is the difference between success and perfection? Are your teens focused on avoiding failure or are they operating out of a place of achieving to the greatest ability, based on their individual strengths and weaknesses.

Join us Wednesday November 28th at 7 pm in the Schaumburg Auditorium for a presentation by Jackie Rhew*. This presentation will review specific interventions designed to assist teens in managing their anxiety, as well as promote increased motivation, healthy goal setting and active school engagement. Factors that contribute to avoidant behaviors, as well as ways to early identify maladaptive coping responses will be explored. Parents leaving the presentation will have learned how to develop parenting strategies to assist their children with health coping responses and engage them in effective communication and language that promotes self-advocacy and independence.

Please use this link to register to come <https://goo.gl/forms/Mi5Am4GqLqjzehp83>

If you have any questions please contact our School Social Worker Ginger Haas at ghaas@d211.org

*Jackie Rhew is a LCPC, CADC, Author, Clinical Consultant and Liaison for Amita Health, Co-founder of the Center of Emotional Wellness and co-founder of Successful Parenting.