

*A Tri-Town Council Program
(for parents/guardians and educators of youth Pre K-12)*



Worried About Your Worrier: Creating Calmer Kids in a Stressed-Out World



Lynn Lyons, LICSW
Monday, January 28, 2013 ~ 7:00pm
Masconomet Auditorium

Fears and worries are a normal part of growing and developing; but sadly, excessive worrying and anxiety in kids (and parents) are on the rise. The good news? Parents, teachers and children can learn HOW to manage fears, interrupting and even preventing the “worrying cycle” of thoughts and behaviors.

This workshop will give you the skills and information to help you and children:

- *accept and manage the worries and transitions of daily routines*
 - *calm and control the physical symptoms of anxiety*
 - *choose exploration of the world over avoidance*
- *recognize and change the most common thought patterns of anxious thinkers*

Lynn Lyons, LICSW, is a licensed clinical social worker and psychotherapist. For 22 years, Lynn has helped individuals and families overcome anxiety and parent confidently. Lynn, specializing in the treatment of anxiety disorders in adults and children, is a “how-to” therapist, and her workshops teach concrete skills and usable techniques.

For more information about Lynn Lyons, check out [Lynn Lyons](#)

Check out Tri-Town Council on [FACEBOOK](#)