

Anxiety - How can you help your child?

What are the warning signs? When does it turn to school avoidance? How can schools help? Learn about how families can become active partners in resolving student's anxiety, and how schools can utilize a Neuro-Developmentally informed intervention strategy. These practical information sessions are for parents of children of all ages.

This is a two-part series, in which the second session builds on the information gained from the first session. Only those, who attend Part One will be permitted to attend Part Two.

**Part 1 - Thursday, October 18
7:00 - 8:30 pm**

Learn what is happening in your child's brain which is causing the emotional and behavioral dysregulation.

**Part 2 - Thursday, October 25
7:00 - 8:30 pm**

Learn specific strategies of how to help your child, focused on more neutral and effective limit-setting.

Presenter is Gary Edelstein, LCSW-R

Clinical areas of specialization include: the treatment of neuro-psychological and developmental disorders, anxiety, depression, attention deficit disorders, and the management of emotional and behavioral dysregulation in children, adolescents, and adults.

Where?

Putnam Independent Living Services
1441 Route 22, Suite 204
Brewster, NY 10509

*parking and entrance in the rear of the Tompkins Mahopac Bank building

[Please register HERE](#)

By providing information through this registration link, it allows for us to continue providing free informational programs to the community. Thank you!

Any questions, please contact Becky Coles at bcoles@putnamils.org.

This workshop is sponsored by Westchester Independent Living Center's (WILC) Parent Training and Information Center (PTIC). WILC is a Core Community Partner funded by a contract with Starbridge Services, Inc. in Rochester, NY through its PTIC grant from the United States Department of Education (H328M110020).

