

## Anxious Kids = Anxious Everyone



Start Date & Time TBD

Ideal for parents of children ages 8-18

Fee: \$50/session per family

Location: Capital OCD and Anxiety Practice

8500 Shoal Creek

Building 4 Suite 201A

Anxiety in children and adolescents places a tremendous strain on parents, often leading to feelings of helplessness and frustration. Even the most confident parents can struggle with doubt, uncertainty, frustration, and helplessness when faced with adjusting their intuitive responses toward their anxious children. Using expertise from authors Reid Wilson, Ph.D. and Lyn Lyons, LICSW, we will navigate the pathways described in *Anxious Kids, Anxious Parents* to help parents support their anxious kids in challenging their fears and developing resiliency, courage, and independence.

The group will meet for 8 sessions to:

- Identify the difficulties of parenting anxious children and adolescents.
- Learn concrete, evidence-based strategies for breaking free of the worry cycle.
- Explore and overcome common challenges to implementing these strategies.
- Share feedback and experiences with experts and similar parents.

We encourage attendance at all sessions for maximum benefit, as each session builds on the last. Attendance can be reserved in blocks of 4 for \$200. Invoices can be issued for insurance reimbursement with the child as the identified patient.

Please email Mercedez Goodwin at [admin@capitalocd.org](mailto:admin@capitalocd.org) to inquire.