



Anxiety & Behavioral  
Health Center

# PARENT WORKSHOP

## HOW TO HELP YOUR CHILD OVERCOME ANXIETY

Join Dr. Brooks & Dr. Engel-Green to learn about parenting strategies that will help your child overcome their anxiety!

### WHAT YOU WILL LEARN:

- How problematic anxiety develops
- How much to push vs. protect your child
- How to empower your child
- How to reduce anxiety

REGISTER  
HERE:



WORKSHOP DETAILS

WEDNESDAY | OCTOBER 2, 2024

6:30PM-7:30PM VIA ZOOM

**FREE!**



[LINK TO REGISTER  
NOW!](#)

(240) 549-0052

[www.anxietyandbehavioralhealth.com](http://www.anxietyandbehavioralhealth.com)