

# Building Skills Early and Often in the Classroom: The Gift of Preventing Anxiety and Depression

Tuesday, June 20, 2017 | 8:00 am - 3:00 pm

Bangor High School, 885 Broadway, Bangor

*This workshop is free of cost to districts that are members of Southern Penobscot Regional Program for Children with Exceptionalities*



Lynn Lyons, LICSW, a Concord, NH psychotherapist specializes in the treatment of anxious children and their parents. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She presents internationally to mental health and medical providers, educators, school nurses, and parents.

- How do we get anxious students into school?
- What do we do when an anxious child is falling apart in school?
- What can adults do to both prevent anxiety from becoming so powerful and help children manage it when it does show up?
- Why are the strategies frequently taught to kids - like breathing, relaxation, and other common CBT techniques - not working?
- How does “frontloading” with anxious kids make interventions more effective?
- How can we create more effective accommodations and 504 plans?
- What is the connection between anxiety and depression?

This FREE teacher workshop is sponsored by Bangor School Department's Office of Pupil Services with support from the Southern Penobscot Regional Program for Children with Exceptionalities. Please call the Office of Pupil Services at 992-4173 or email [lpoirier@bangorschools.net](mailto:lpoirier@bangorschools.net) to reserve a seat.