

LYMES' YOUTH SERVICE BUREAU

Helping Your Anxious Child:

*Balancing the Ride to Raise Healthy,
Independent, & Self-Assured Kids*

NOVEMBER 9
7 p.m. on Zoom

With
Alicia Farrell, PhD

Have more questions as a parent than you have answers? You're not alone! We are all struggling and so are our children. Come to this presentation for support, guidance and practical tools you can apply immediately to raise healthy, independent kids in this very complicated world.

- What is pushing your kids too hard compared to not enough? How do you balance teaching them to do their best while honoring their need to be imperfect?
- How is the pressure to perform affecting our children and what can parents do about it?
- What is anxiety vs stress? How do you recognize both in your kids and when do you get help?



REGISTER

at

www.lysb.org/balancing

860-434-7208

