THE NORMAN HOWARD SCHOOL

275 Pinnacle Road ● Rochester, New York 14623 ● phone: 585.334.8010 ● fax: 585.334.8073 ● www.normanhoward.org

The Norman Howard School proudly presents:

Aureen Pinto Wagner, Ph.D.
Helping Children Cope with Anxiety

Date: Thursday, March 18, 2010

Time: 6:30 p.m. – 8:30 p.m.

Location: The Norman Howard School

Fee: $10.00/person

PARENT WORKSHOP

Dr. Wagner will discuss various forms of anxiety including worry, separation anxiety, school refusal, perfectionism, social anxiety, panic, obsessions and compulsions. She will help you tell the differences between normal and problem anxiety, recognize early warning signs, and learn how anxiety manifests in school. Dr. Wagner will discuss effective treatment of anxiety, focusing on cognitive-behavioral therapy. She will offer valuable practical guidance and specific how-to strategies to use at home and school to help children conquer anxiety.

ABOUT THE PRESENTER:

Dr. Aureen Pinto Wagner is a Clinical Child Psychologist, Clinical Associate Professor of Neurology at the University of Rochester School of Medicine, and member of the Scientific Advisory Board of the International OCD Foundation. She is an anxiety expert, international speaker, and author. Her books include *Worried No More: Help and Hope for Anxious Children, Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment,* and *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions* (www.Lighthouse-Press.com), which will be available for purchase at the workshop.

HELPING CHILDREN COPE WITH ANXIETY
$10.00/person

Name: _____

Address: _____
Street City Zip

Email: _____

How did you hear about this workshop? _____

Please mail registration and check made payable to The Norman Howard School Attn: Julie Murray by March 17th.