

Helping Children Cope With Anxiety

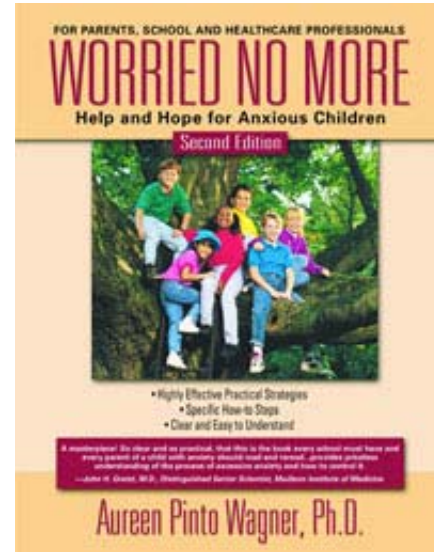
A Workshop for parents by

Aureen Pinto Wagner, Ph.D.

March 21st 7:00 P.M.

Reading Memorial High School
Performing Arts Center

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Did you know that anxiety disorders are the most common emotional problem in children and adolescents, and far more common than attention-deficit disorder or substance abuse? Serious anxiety can sidetrack youngsters from the business of learning, making friends and just being kids.

Dr. Aureen Wagner will discuss various forms of anxiety including worry, separation anxiety, school refusal, perfectionism, test anxiety, social anxiety, panic, and fears after disasters and tragedies. She will help you tell the differences between normal and problem anxiety, recognize early warning signs in children and teenagers, and learn how anxiety manifests in school. She will share practical guidance and valuable strategies to use at home and school to help children conquer anxiety.

Dr. Aureen Pinto Wagner is a Clinical Child Psychologist, Clinical Associate Professor of Neurology at the University of Rochester, and member of the Scientific Advisory Board of the Obsessive Compulsive Foundation. She is an anxiety expert and frequently presents seminars on anxiety for parents, school and healthcare professionals. She is also the author of several books for parents and children including *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*, *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions* (www.Lighthouse-Press.com)