



Free Workshop!

Coping Strategies for Anxious Kids: What Parents Need to Know

Thursday-Oct. 5, 2017
9:30am-2:00pm

(A lunch break will be taken, food not sold on site, feel free to bring your own.)

Topics include:

- ◆ How to identify an anxious child
- ◆ How to change anxious thinking
- ◆ The science and biological roots of anxiety and depression in children
- ◆ How computer technology is transforming the understanding of anxiety
 - ◆ Current treatment options for anxiety and depression (Medications & CBT: cognitive behavioral therapy)

Presenter: Erin D. Berman, Ph.D., Clinical Psychologist,
National Institute of Mental Health

Erin D. Berman received her clinical psychology doctoral degree from Rosalind Franklin University / The Chicago Medical School. Her clinical training continued with attending the Boston Consortium of Clinical Psychology where she was a Harvard Medical School Fellowship recipient. She completed post-doctoral specialization in child and adolescent Anxiety Disorders at Temple University. Her main area of interest continues to be in cognitive behavioral interventions for children, adolescents and adults with Anxiety Disorders.

**Location: The Arc of Frederick County
555 S. Market St. Frederick, MD 21701**

For registration, call Susan Donoghue-Rick at 240-236-8744 or
email susan.donoghue-rick@fcps.org.

If sign language or foreign language interpretation is needed, please call 240-236-8744 or
email Susan.Donoghue-Rick@fcps.org no later than 10 business days before the program.

Childcare is not provided.

This program is done in collaboration with Infants and Toddlers Family Support
Network and FCPS Partners for Success.

