



ANXIETY 101: HELPING CHILDREN OVERCOME FEARS AND WORRIES

All children experience some form of anxiety (fears and worries) when faced with unfamiliar and/or stressful situations. There are expected fears that accompany each stage of child development; however, there are children who experience anxiety which interferes with their daily functioning.

This interactive workshop will address the needs of children with emotional and behavioral disorders who experience excessive distress out of proportion to situations in the home, school and community settings. Through lecture, discussion and didactic information, participants will learn about anxiety disorders in children and how to identify the “red flags” that a child is experiencing excessive worries and fears. In addition, participants will receive tips on helping children learn to manage anxiety in the home, as well as suggested accommodations for the classroom setting.

Each participant will receive science based information, handouts and a suggested reading list.

NAMI NH is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. Our experience as family members coping with mental illness on a daily basis has taught us that our educational programs serve as vehicles for empowering families to help themselves, and learn new information and skills to promote the recovery of their loved one.



LENGTH: 90 Minutes

AUDIENCE: Parents, paraprofessionals and professionals who work with children and adolescents.

GOALS: Participants will learn

- Signs and symptoms of childhood anxiety disorders
- Common “red flags”
- Tips for helping the child
- Suggested accommodations for the school setting
- Resources

LOCATION: Your agency or organization

WANT TO KNOW MORE?

Contact NAMI NH at 603.225.5359 or via email at info@NAMINH.org.