

Thriving Institute:

UNDERSTANDING AND TAMING THE ANXIETY BEAST IN YOUR CHILD



Anxiety has a nasty reputation. It feels bad, is linked to unpleasant experiences, and gets in the way of children and teenagers being able to perform their best.

In this workshop, you'll learn about the true nature of anxiety, along with strategies for coping with anxiety. Our main focus will be on how parents and children can work together to develop plans for coping with, working through, and doing well, despite having the beast of anxiety present in our lives.

FREE!

NOV 14

6:00-8:00PM

BOZEMAN PUBLIC LIBRARY COMMUNITY ROOM



FEATURING: JOHN SOMMERS-FLANAGAN



REGISTER ONLINE AT ALLTHRIVE.ORG

