

Carmel Valley Middle School PTSA Parent Education Night

Anxiety in Teens and Tweens Identifying and Addressing Anxiety in Adolescents

Thursday, April 26, 6:15-8:00 pm
CVMS Learning Commons

Join Susan Kim, a licensed therapist focused on family, children, and adolescents, as she hosts a workshop to help parents learn tips and techniques to identify and address anxiety in teens and tweens.

Participants will learn about:

- The teen/tween brain and the stress response
- Issues that make teens/tweens most anxious
- Recognizing anxiety
- Distinguishing between typical anxiety and more concerning anxiety
- What parents can do to help their children
- Warning signs of depression and suicide

Questions? Contact Amy Gibson at amyfgibson@gmail.com