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Presents A Parent Workshop ;
Understanding and Managing Fears and Worries
Instructed by Loraine Young, LMSW

Understanding and Managing Fears and Worries is a parent workshop addressing anxiety in children.

This five-session workshop will help you to:

- Learn the nature and cause of anxiety
- Determine if your child’s fears and worries are within typical limits
- Learn about different anxiety disorders and strategies to handle the symptoms
- Give your child suggestions and tools in handling their own anxiety
- Learn what you can do as a parent to help your child manage their fears and worries
- Learn treatment options available within the community

In order for this workshop to be most effective, we request that you **commit to all consecutive sessions**. Space will be limited to 14 individuals on a **first-come-first-serve basis**.

Who: Parents or guardians of children and adolescents

Where: Pittsford Rec. (Spiegel Center)—35 Lincoln Ave. – Room 205

When: **Tuesday mornings – 9:30 am – 11:00 am- 5 sessions**
February 23 March 2, 9, 16, 23

Fee: (due with registration): **\$80 individual \$100 couple (limited scholarships available)**

For more information and/or to register
Call PYS at 248-6299, e-mail pys2486299@aol.com or visit www.PittsfordYouthServices.Org

You can also register by completing and returning the form below:

PYS
35 Lincoln Ave.
Pittsford, NY 14534

Name (s) _____

Address _____

Phone/e-mail _____

Ages of Children _____ School(s) _____

Checks made payable to: PYS
Charge: Visa Mastercard Discover

Number _____ Exp. _____ Signature _____