

## Anxiety Workshop for Parents and Children

Help Your Child Transition to a Healthy Adulthood

If your child is experiencing anxiety, please come and join us for three group sessions to learn the basics of anxiety and coping techniques. This workshop is for parents and children ages 12 and older.

**Orem Office: 891 W. Center St.**

### Session Dates:

**Session 1:** Wednesday, April 6<sup>th</sup> 5:30- 7:00pm

**Session 2:** Wednesday, April 13<sup>th</sup> 5:30- 7:00pm

**Session 3:** Wednesday, April 20<sup>th</sup> 5:30- 7:00pm

**Space is limited. Make sure to reserve yours today!**

Please email us at [orem@blomquisthale.com](mailto:orem@blomquisthale.com) to reserve your space, or call us at 801- 225- 9222.

**Session 1:** Parents are invited to come and understand anxiety and its effects.

**Session 2:** Children are invited to a session to learn about anxiety and how it affects them.

**Session 3:** Parents and Children are invited to come together and work on developing an anxiety toolbox.

### Featured Presenter:

**Kristina Singh, LCSW:** Kristina obtained a B.A. in Sociology at Oberlin College in 2003 and completed a Masters in Social Work at the University of Michigan in 2007. She has spent a year running a local geriatric unit. She is also experienced in working with kids and families and is well-versed in getting families on the same page and working toward common goals.

