



SCARBOROUGH PUBLIC SCHOOLS

Announces

NOW What? Helping Children (and Ourselves) Manage Emotionally During Uncertain Times

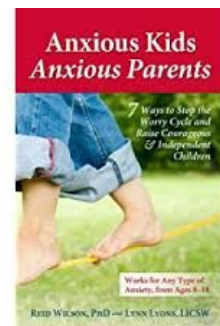
Join us for a

PARENT/GUARDIAN/CAREGIVER VIRTUAL EVENT WITH LYNN LYONS

November 4, 2020

6:00 PM - 7:30 PM

As we navigate a school year like no other, parents need strategies to help children (and themselves!) manage the worry, disappointment and uncertainty of our current pandemic-dominated environment. This presentation describes the skills needed for emotional management including how to increase flexibility, tolerate uncertainty, communicate effectively and replace catastrophic thinking with problem-solving.



ZOOM LINK:

<https://us02web.zoom.us/j/82808112105?pwd=RW5uaXh2MGExSnQrQU5RbDBOK2tJZz09>

Meeting ID: 828 0811 2105

Passcode: 799511



Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 28 years specializing in the treatment of anxiety disorders in adults and children. Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought after expert, appearing in the New York Times, Time, NPR, Psychology Today, and other media outlets. With a special interest in breaking the generational cycle of worry in families, Lynn is the coauthor of two books on anxiety: Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children, and the companion book for kids, Playing with Anxiety: Casey's Guide for Teens and Kids.