

ANXIETY 102

Join us for a parent night! Our guest speakers, Social Workers Sarah Hiatt, LCSW and Brittany Bucholz, LCSW, will facilitate an interactive evening with parent discussion and practice to support your child. This event builds upon the basics shared at Anxiety 101 parent education night, but is open to all to attend. They will explore the following:



- Anxiety and the brain
- Ways to reframe anxious thoughts
- Coping skills & activities
- Interactive practice
- Screen time & anxiety
- Learning from each other
- And more.....

West Linn High School	11/14, 6-7:30pm
Willamette Primary School	12/5, 6-7:30pm
• Childcare offered. Contact: Rita McClellan # 503-673-7257	
Boones Ferry Primary School.....	1/23, 6-7:30pm
• Childcare offered. Contact: Katie Flaker # 503-673-7309	
Meridian Creek Middle School	1/30, 6-7:30pm
Lowrie Primary School.....	2/19, 8-9:30am

The event is free to attend. Interpretation services will be provided by request. Please RSVP to Brittany Bucholz, School Social Worker if you need interpretation services no later than one week before the event. bucholzb@wlwv.k12.or.us (503) 673-7818