



# Anxiety 101

## Is your Child Stressed and Anxious?

Tuesday, Nov. 13, 6:30 – 8:30 p.m.

**Is your child always over-stressed and anxious?  
Would you like to learn tools to manage stress and change unhealthy habits?**

Join Dr. Scott Cypers, PhD to learn more about teens and anxiety. In this Anxiety 101 discussion, you'll discover all you need to know to overcome anxiety, including:

- **Tools to understand anxiety and stress responses in yourself and your child**
- **Signs when anxiety becomes an "anxiety disorder"**
- **Helpful treatments and simple skills to support your child at home and school**



Scott Cypers, PhD is a Child, Adolescent and Adult Psychologist at Helen and Arthur E. Johnson Depression Center. Dr. Cypers has worked at Children's Hospital Colorado, with active duty military at Buckley Mental Health and for many universities in student health services. He has built innovative programs to address a range of mental health issues, most notably in the areas of stress, anxiety and promoting help-seeking behaviors.

Parents, school administrators and community members are welcome and encouraged to attend PIN's presentations. Presentations are FREE! No need to RSVP. Nov. presentations will be at:

**NEW LOCATION: 14603 E. Fremont Avenue, Centennial, CO 80112**  
(just south of Arapahoe Rd., off of Jordan Rd.)

### Mark Your Calendars:

**Dec. 4<sup>th</sup>** Parenting the Plugged-in Child

**Feb. 5<sup>th</sup>** Happiness & Gratitude: Improve Productivity, Academics, Relationships & your Immune System