



Expert Speaker Kim Zahlaway, LCSW

Date: Wednesday, March 27th

Time: 7:00 p.m.



Valley Forge Middle School

105 Walker Road

Wayne, PA 19087

Parenting Kids with Anxiety, U Got This!

Reserve Your Free Ticket at: bit.ly/build0327

Anxiety is the number one mental health problem facing children and teens today. The good news is, it is one of the most treatable! Join us in a conversation about why we are experiencing this surge in anxiety and what we can do to help our kids.

We will engage in the process of self-discovery, empowerment and problem-solving, the hallmark approach of Kim Zahlaway's clinical practice, to explore this very important topic and walk away with a better understanding of what anxiety is (and what it is not), what factors are contributing to this increase in anxiety experienced by our youth, what anxiety looks like in your home, and practical strategies for how to help your child cope with anxiety in their daily lives.

Kim Zahlaway is a Licensed Clinical Social Worker in Berwyn. Kim provides individual, group and family outpatient clinical services to children, adolescents, adults and families impacted by Depression, Anxiety, ADHD, Learning Disabilities/Gifted, Asperger's/HFA. Kim utilizes a strength-based, individualized approach to support the social and emotional health of her clients through a three phase process of self-discovery, empowerment and problem solving. Treatment orientation includes: CBT, Mindfulness-based cognitive and behavior therapy, Positive Psychology, Family Systems, Integrative, Humanistic, Relational and Solution Focused Therapy.

Kim has worked in public and collaborative educational settings as a School Social Worker, Head Clinician and Master's Level Internship Supervisor, in private practice as an individual, family and group therapist, and as Clinical Director of a drama-based, social skills group program. She has presented at local and national conferences on various topics to include using drama to teach social skills, decreasing behaviors in the classroom by improving relationships, transition planning from high school to post-secondary life, and parenting in the digital age. Kim is also co-founder of Girls Standing Tall, a workshop for preteen and teen girls utilizing yoga and group therapy practices to teach stress reduction and increase self-esteem, and most recently owner and director of U GOT THIS, Counseling Services.

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