

Anxiety & OCD 101

Presented by the
District 86
Parent Network

April
27



Join Our Meeting

7:00 - 8:30 PM

**Hinsdale Central High School
Room 161**

Questions? email us at
parentnetwork@hcpto.org

Dr. Maha Zayed

of the **OCD & Anxiety Center** in Oakbrook will present and answer questions on how to support our students who may be struggling.

She will highlight some of the common anxiety disorders, signs and symptoms, and what students worry about. We will also discuss factors that contribute to and maintain anxiety in teens and provide some tips and strategies for parents to help their teens manage anxiety.