

ANXIETY AND SCHOOL REFUSAL

is at an all-time high, and arming kids with healthy coping strategies is more important than ever

LINCOLN-WAY WEST HIGH SCHOOL INVITES YOU

To A Two Part Event to Address Anxiety in Children

PART 1

View The Movie **ANGST**

FEBRUARY 19, 2019
6:00PM - 7:00PM

Do you suffer from anxiety? Does your child? Learn how to cope & find hope. Real talk and real people dealing with real anxiety. Come learn more. **ANGST** screening on February 19, 2019.



PART 2



**Don't miss our dynamic speaker,
Jacqueline Rhew, CADC, LCPC**

FEBRUARY 19, 2019
7:00PM - 8:00PM

Jacqueline specializes in working with children, adolescents and parents, on topics including school refusal, anxiety, stress management, substance abuse, and other mental health related disorders. Jacqueline will provide essential tools for parents to build resiliency in children at any age, helping their children navigate stressful situations, learn to tolerate anxiety, and build skills to increase self-advocacy and problem solving abilities, thus leading to greater self-confidence and self-reliance. It is never too late to learn these strategies. Jacqueline recently co-authored *Successful Parenting-Create Your Custom Plan for Raising Independent Children into Adulthood* with Dr. Robin Choquette.

This presentation will review specific interventions designed to assist children in managing their anxiety, as well as promote increased motivation, healthy goals setting and active school engagement. Attendees leaving the presentation will have learned how to develop parenting strategies to assist their children with healthy coping responses and engage them in effective communication and language that promotes self-advocacy and independence.