

Parenting Anxious Kids

..... 8 Week Online Group

Starting September 28th!

Supportive Parenting for Anxious Childhood Emotions (SPACE) is a research-supported way to reduce child anxiety. It works by giving parents and caregivers the tools needed to help their child.

This group is for parents and caregivers of children who struggle with any type of anxiety, including:

- Separation Anxiety
- Social Anxiety
- Generalized Anxiety
- OCD
- Panic Disorder
- Other Fears/Phobia

When: Thursdays from 4-5 p.m. EST
Sept. 28th - Nov. 16th, 2023

Where: Zoom

Cost: \$75 per week

Contact: Michelle Henny, LCSW
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For caregivers located in Minnesota, Iowa,
Tennessee, Vermont, South Carolina, or Florida

