

## PARENT PROGRAM

# How To Emotionally Equip Our Kids: Patterns to Foster, Patterns to Watch For, and Why Prevention Works



**Lynn Lyons, LICSW and Co-Author of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*, will discuss strategies to help overcome anxiety, handle pressure, and manage the challenges of daily life.**



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THURSDAY, APRIL 4  
7PM  
DEERFIELD ELEMENTARY SCHOOL

 WESTWOOD  
Public Schools