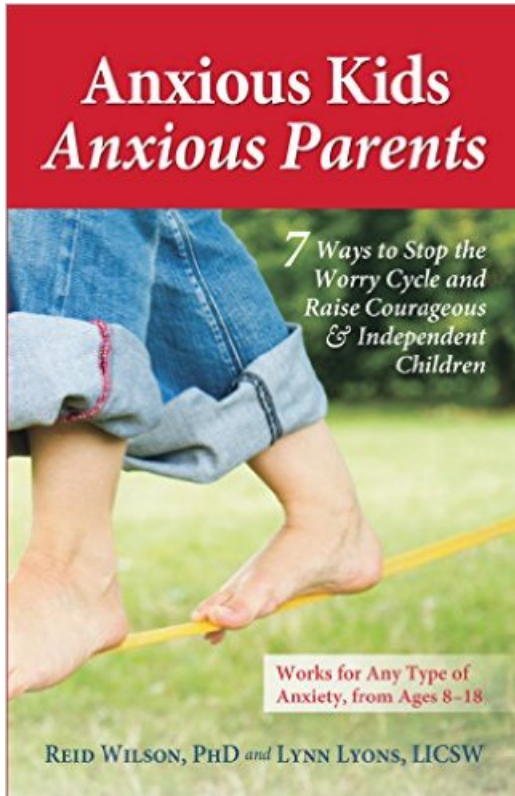


**FREE WORKSHOP OPEN TO ALL PARENTS AND TEACHERS OF
WESTWOOD ELEMENTARY SCHOOL CHILDREN**



Lynn Lyons, LICSW

***ANXIOUS KIDS, ANXIOUS
PARENTS: INTERRUPTING
THE WORRY CYCLE AT
HOME AND SCHOOL***

***Tuesday, January 12, 2016
7:00 pm - 9:00 pm
The Little Theater
Westwood High School
200 Nahatan Street***

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



*****This program is made possible by a generous grant from the Foundation for Westwood Education.***