

PARENTING ANXIOUS KIDS WORKSHOP

Enrolling now for January 2025!

This is an 8-week workshop led by Angela Shunnarah, LICSW, LMSW. The Parenting Anxious Kids workshop is based on SPACE - Supportive Parenting for Anxious Childhood Emotions - an evidence-based parenting program that aids parents in changing their own behavior to help children and teens better manage anxiety. SPACE teaches parents to respond supportively to their child, while also reducing accommodations they've been making for the child's anxiety.

The SPACE approach is appropriate for many of the most common anxiety issues that children, teens, and young adults face:

- Obsessive-compulsive disorder (OCD)
- Separation anxiety
- Social anxiety
- Generalized anxiety
- Specific phobias
- Illness and health anxiety
- Panic disorder and agoraphobia
- Avoidant restrictive food intake disorder (ARFID)
- Selective mutism

Who: Parents
Where: Virtual groups to be held via Zoom
When: January 7th - February 25th, 2025
Tuesdays from 11:00am-12:00pm CST
Cost: \$75 per session
Contact: admin@anxietytreatmentonline.com
(515) 216-0679



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