

WHAT DO WE DO NOW? HOW TO FOSTER EMOTIONAL MANAGEMENT AND CONNECTION IN TIMES OF CRISIS AND ITS AFTERMATH

When children are struggling, the helpers want to help and the fixers want to fix. But when caretakers and families are overwhelmed and exhausted, where do you begin?

What do children need?

How do we know what's normal in a time when little feels normal?

Lynn Lyons will talk about the concrete skills that both children and adults need to help manage emotionally, connect socially, and interrupt the patterns of anxiety following trauma and upheaval.



Wednesday, Feb 16

1:30pm-2:30pm Central/2:30pm-3:30pm Eastern



Free!!!



Approved for 1 ECE Clock Hour



Register at:

https://uky.zoom.us/webinar/register/WN_p25LpjcFTtC4eB--Ae6vgv



Lynn Lyons



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Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 30 years specializing in the treatment of anxiety disorders in adults and children.

Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. With a special interest in breaking the generational cycle of worry in families, Lynn has several books and articles on anxiety, including *Anxious Kids*, *Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.