ASSESSMENT INTERVENTION

ARBOR PSYCHOLOGY GROUP

44450 Pinetree Drive • Suite 101
Plymouth, Michigan 48170
phone: 734.738.0897
arborpsychology.org

Helping Your Anxious Child ... A Group for Parents

Childhood anxiety is common, especially at the start of the school year. Children may suffer from fears about social issues, difficulty separating from parents, general worries and stress -- or they may not be able to fall asleep at night. This group will teach parents the necessary skills to coach their children on how best to manage their fears.

Parents will learn strategies from evidence-based approaches, including:

- what to say to their child
- excercises they can do with their child
- "magic" tricks
- how to avoid accidentally increasing fears

Beth Pearson, Ph.D. is the group leader and an expert in young child development, behavior management and anxiety

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Location: **Arbor Psychology Group**
Day/Time: **classes start soon! contact us for information**
Cost: **$200 for four sessions**
Call with interest: **(734.738.0897) or visit arborpsychology.org**