

*Great Neck SEPTA (Special Education PTA) invites you to join us!*

# ANXIETY PARENT WORKSHOP

*Please join us on:*

**Monday, April 16<sup>th</sup>, 2018 @ 7:30pm**  
**South Middle School (Chorus Room)**

## **Special Guest Speaker: Dr. Jiyon Kim, PhD**

Jiyon Kim, PhD is a clinical assistant professor of child and adolescent psychiatry at the NYU Child Study Center, NYU Langone Medical Center. She specializes in the evaluation and treatment of anxiety and mood disorders, ADHD, and disruptive behavior disorders in children and adolescents. She also has broad experience with selective mutism.

Dr. Kim is devoted to providing treatments that have been well-studied and demonstrated to work. These include, but are not limited to, cognitive behavioral therapy (CBT), parent management training (PMT), social skills training (PEERS), organizational skills training (OST), behavioral school consultation and advocacy, and teacher consultation and classroom management support.

## **Take the Angst out of Anxiety!**

Many children experience a variety of worries and fears. Some of these are typical, while others may seem out of proportion. This workshop will teach you how to:

- Distinguish between normal and excessive anxiety in children as they move from grade to grade
- Learn about common childhood fears and anxiety, how anxiety affects children and how to overcome fears
- Understand what red flags to watch out for, when it's time to seek help and what to expect in the evaluation/treatment process

**Remember.....Involved parents ensure the best results for our children!**

## **Questions? Please contact:**

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