



**PARENT
RESOURCE
CENTER (PRC)**



PARENTING A CHILD IN THE AGE OF ANXIETY: COUNTERINTUITIVE, BUT EFFECTIVE STRATEGIES

MONDAY, OCTOBER 16

7PM - 8:30PM



**WITH
DR. JONATHAN
DALTON**

**FOUNDER AND DIRECTOR
CENTER FOR ANXIETY AND BEHAVIORAL CHANGE**

In this presentation, Dr. Dalton will focus on practical, yet sometimes counter-intuitive evidence-based skills and techniques to help their children and teens experience less anxiety and develop greater tolerance for emotional distress. Specific topics include why anxiety and avoidance are teammates, how to teach specific coping skills to your children, which types of positive reinforcement should be used to decrease anxiety, and when active ignoring of anxious behavior is the best method to decrease the child's experience of anxiety.

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