

FALL PARENT COHORT

Evidenced-Based Anxiety Treatment developed by the
Yale University Child Study Center

SDSPACE SUPPORTING PARENTS OF ANXIOUS CHILDREN

The 100% parent-based program typically extends across 8-12 weeks. We find that the concentrated work in the **Weekend Intensive** format provides parents (of ages 7yo-26yo) the time to more fully focus on implementing sustainable changes that improve the quality of life for their child and the whole family. Focus areas include: **General anxiety, OCD, sleep and separation, picky eating, school refusal and failure to thrive.** The bonus is the community and solidarity with other parents. Expect to:

- Feel more in control as you gain skills to address your child's anxiety
- Boost your child's confidence in battling anxiety
- Improve family relationships
- Relief and agency

Facilitated by Holly Lynch, PsyD, LPC

For more information or to register:

214.437.6772
drhollylynch.com
dr.hollylynch@gmail.com

All in
one 15-hour
weekend
intensive

\$1800

OCT 20-22
OR
NOV 10-12

IN-PERSON
OR
ONLINE