

The Inter-Lakes School District presents

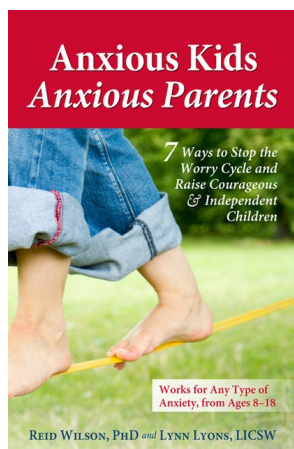
FREE PROGRAM

PRESENTER
BOOKS WILL BE
ON SALE

REDUCE THE ANXIETY

Lynn Lyons, LICSW is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. Her skill-based approach to anxiety focuses on the need to teach families about **HOW** anxiety works and what families can do to pull members out of the powerful “anxiety cult” that demands obedience to its need for certainty and comfort. Lynn’s approach uses humor, playful connection, and a constant focus on **DOING**.

Lynn is the co-author with Reid Wilson of Anxious Kids, Anxious Parents and the companion book for kids Playing with Anxiety: Casey’s Guide for Teens and Kids. She is the author of Using Hypnosis with Children: Creating and Delivering Effective Interventions and has two DVD programs for parents and children. She maintains a private practice in Concord, New Hampshire where she sees families whenever she’s not on the road teaching.



RAISING INDEPENDENT AND COURAGEOUS CHILDREN

When children and parents/guardians are in the grips of anxiety and worry it can be overwhelming. Anxiety can move into families and take over daily routines, schoolwork, bedtime and recreation. Often the things we do intuitively as adults to help and console our anxious children actually makes the anxiety grow stronger. Lynn Lyons will talk with parents/guardians regarding the positive role they can play in problem solving, tolerating discomfort and developing emotional management with a goal of raising courageous and independent children and improving the emotional functioning of our families.



Lynn Lyons

www.lynnlyonsnh.com

**PARENTS/GUARDIANS AND CHILDREN 12 AND
OVER OF THE INTER-LAKES SCHOOL DISTRICT**

ARE INVITED ON

THURSDAY, SEPTEMBER 13, 2018

6:00 - 8:00 PM - ILHS AUDITORIUM

BABYSITTING PROVIDED—QUESTIONS CALL ILHS GUIDANCE