

Free Online Workshop!

**LUNCH & LEARN
WORKSHOP SERIES**

**WORRY AND ANXIETY
IN CHILDREN AND ADOLESCENTS**

**USING EVIDENCE-BASED STRATEGIES TO
HELP CHILDREN AND CAREGIVERS COPE
DURING TOUGH TIMES**

- Signs and symptoms of anxiety disorders
- Review the difference between a stress response vs. anxiety disorder
- Discuss how an anxiety disorder in children/adolescents impacts online learning
- Discuss how coping strategies need to be adjusted given the current pandemic

Presenter **Dr. Erin D. Berman** is a Clinical Psychologist at the National Institute of Mental Health in Bethesda, Maryland. Her main area of interest continues to be in cognitive behavioral interventions for children, adolescents, and adults with anxiety disorders. Click on the link below for more information and registration. Once registered, a link will be sent to you for the workshop.



January 28, 2021

12:00 PM- 1:30 PM

For additional information contact Julie DeRoner at 240-578-1244 or jderoner@frederickcountymd.gov

Register at
<https://worryandanxiety.eventbrite.com>