

PARENT GROUP

RAISING RESILIENT MINDS

Are you a parent of an anxious child? **Join our virtual parenting group** to gain the tools and resources to help your child manage anxiety in a positive way.

Topics include:

- Psychoeducation of the Brain
- Interrupt the Worry Cycle
- Action over Avoidance
- Manage Anxiety in a School Setting
- Effective Language to Utilize
- Strategies for Different Environments
- Embracing Mistakes
- Kind and Firm Parenting Approach



**Tuesdays at 6:30, Virtual biweekly
Starting February 4 - April 1**

**Sign up
today!**

Email Mim at
Mim@aiotherapy.com to learn
more and save your spot!

