

Earl Warren PTSA Presents

Anxiety in Teens & Tweens

Identifying and Addressing Anxiety in Adolescents

February 13th, 2019
6:30 - 8:00 pm

Earl Warren Middle School
Multipurpose Room
155 Stevens Avenue
Solana Beach, CA



Join Susan Kim, a licensed therapist focused on family, children and adolescents, as she presents a free workshop to help parents learn how to identify and address anxiety in teens and tweens. Participants will learn about:

- The teen/tween brain and the stress response
- Issues that make teens/tweens most anxious
- Recognizing anxiety, depression and signs of suicide risk
- Distinguishing typical anxiety from more concerning anxiety
- What parents can do to help their children

This presentation is intended for parents only.

Questions? Contact Rebecque Laba: earlwarrenptsa@gmail.com