

SMALL TOWN COUNSELING PRESENTS FREE LIVE WEBINAR SERIES

*In partnership with Columbia College FKCE program



WHEN TO KNOW AND WHAT TO DO WHEN YOUR TEEN/YOUNG ADULT IS DEALING WITH ANXIETY



Recognize signs of anxiety in teens and young adults, including learning how symptoms may impact school performance, family relationships, and peer interactions.

- Develop basic understanding of healthy vs. chronic anxiety
- Identify signs of anxiety in teens and young adults age 18-21
- Learn risk factors associated with teens and Transitional Age Youth in out-of-home placement
- Learn how to implement basic coping skills and parenting techniques that support your child's emotional wellbeing
- Know when and how to seek professional help for teens and young adults in your home

WEDNESDAY
NOVEMBER 17

5:30 PM - 7:30 PM PST

> REGISTER NOW



FACILITATOR
David Cayton,
M.A., M.S.

Trainer and
Research Associate



FACILITATOR
Kalindi Malcom

Mental Health Clinician
Associate Marriage and Family
Therapist

Clinically Supervised by
Alyssa Najera, LCSW 86618

This webinar is free of cost and developed for Resource Families. Other Caregivers, Educators, and Providers are also welcome to attend.

*If you are an RFA parent/applicant please contact Danielle Brouillette, Program Specialist @209-588-5169 or brouillette@yosemite.edu with any questions regarding training credit.

Registration also available at www.smalltowncounselingca.com