

Can We Talk About Anxiety?

Helping Parents Help Their Kids

Are worry, anxiety, or fear keeping your child or teen from getting the most out of life? Do you want to help your kid cope skillfully with anxiety, but you're not sure how?

In this 2 hour workshop for parents, you will learn:

- How to distinguish between normal and excessive fear & worries
- A step-by-step plan for responding effectively to your kid's anxiety
- Strategies to help your child break out of the worry cycle and live life with greater joy and confidence
- How to avoid common "parent traps" that perpetuate anxiety

The workshop will be offered at two different times:

- **October 17th from 10h-12h (with Coffee and Cake)**
- **October 18th from 19h- 21h (with Wine and Cheese)**

Location: rue de Lyon (Saint Jean neighborhood, Geneva)

Workshop facilitators: Kristin Duncombe, MSW, MPH & Teresa Au, PhD

Spaces are limited. To reserve your spot,

please contact Kristin at kristinlouiseduncombe@gmail.com

Participation is 75 CHF, paid in advance.

***Kristin Duncombe** is a child and family therapist with 20 years of experience working with expat families in the United States, East Africa, and Europe. She is the former Director of the Counseling Program at the American University of Paris, and has worked as a consultant to international schools throughout France and Switzerland. She is the author of two books, *Trailing: A Memoir and Five Flights Up*, which address the challenges and idiosyncracies of the expat existence.*

***Teresa Au** is a U.S.-licensed clinical psychologist with expertise treating anxiety in children, adolescents, and adults. She has worked extensively with anxiety in community clinics and counseling centers, including the Center for Anxiety and Related Disorders, an internationally-renowned center in Boston that specializes in scientifically-validated psychological interventions for helping children and their families overcome anxiety.*

*The **Can We Talk?** Series for parents is offered year round, and covers a variety of topics important to kids' health and wellbeing. Coming up in November: **Can We Talk about ADHD?** Teaching distractible kids good habits for studying and calming down.*

For more information please visit

www.kristinduncombe.com or www.mindstrength.ch