



McLEAN HOSPITAL SCHOOL CONSULTATION SERVICES

Parent/Caregiver Workshop for Burlington Public Schools

Supporting Children and Teens with Anxiety

Wednesday, October 8, 2025 6pm - 7pm

Mills Smith-Millman, PhD

Learning Objectives

This workshop will increase your understanding of anxiety and how it impacts children and teens. You will learn about the signs and symptoms of clinical anxiety and when to seek help. You will also learn new skills for how to help your child manage their anxiety in order to live a more fulfilling life.

To attend, visit: <https://mgb-org.zoom.us/j/89466955863>