

An Introductory Workshop
for Parents on **SPACE**

Supportive Parenting for Anxious Childhood Emotions



For parents and caregivers of preschool and elementary school-aged children with worries, anxiety, fears and phobias, OCD-type behaviors, and related behavioral concerns

This interactive, small-group online workshop series draws on evidence-based methods by Dr. Eli Lebowitz at the Yale Child Study Center to empower parents with practical strategies to help children decrease anxiety and increase resiliency.

- Understand children's worries, fears, and anxiety and how parents tend to respond
- Focus on how parents can help children better handle their worries, fears, anxiety and OCD
- Explore parental support to boost kids' confidence in their ability to cope with distress

Workshop Facilitators

Sarah Bilancia, PhD

Licensed Psychologist

Sarah D. Bilancia, PhD LLC
www.sarahbilanciaphd.com

Jill Saxon, PhD, BCBA-D

Licensed Applied Behavior Analyst

Functional Behavior Solutions LLC
www.functionalbehaviorsolutions.com

2025-2026 Groups Enrolling Now

**Mondays
10-11:30 AM
Meets Virtually**

Fall 2025:
9/29 and 10/6

Winter 2026:
1/26 and 2/2

Late Fall 2025:
11/10 and 11/17

Spring 2026:
3/16 and 3/23

**2-Week Series
\$215 per family**

Fee includes up to
2 caregivers per family.

Each group is limited
to 6 families.

If you're interested in participating in the next SPACE workshop, please register using **this link**. We will contact you to complete your registration.

For Questions, Please Contact rebecca@functionalbehaviorsolutions.com

Please note that this workshop is an educational service that is not covered by health insurance. If you need individual psychological or behavioral treatment, please contact a credentialed mental or behavioral health professional or contact us for a referral.