

An Educational 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
- Learn how to create a plan that can help reduce anxiety and related behaviors

Workshop Facilitators

Sarah Bilancia, PhD

Licensed Psychologist

Sarah D. Bilancia, PhD LLC

www.sarahbilanciaphd.com

Jill Saxon, PhD, BCBA-D

Board Certified Behavior Analyst

Functional Behavior Solutions LLC

www.functionalbehaviorsolutions.com

**2024 Fall Group
Enrolling Now**

A 4-Week Series

Mondays 10-11:30 AM

**Fall Group:
9/30, 10/7, 10/21, 10/28**

\$425 per family

Fee includes up to 2
caregivers per family.

Each group is limited
to 6 families.

To Register & 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.