

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](http://www.sarahbilanciaphd.com)

**Jill Saxon, PhD, BCBA-D**

Licensed Applied Behavior Analyst

Functional Behavior Solutions LLC  
[www.functionalbehaviorsolutions.com](http://www.functionalbehaviorsolutions.com)

**Parent Groups  
Enrolling Now**

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

Dates will be determined once enough participants have registered.

**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 when the dates are finalized to complete your registration.

**For Questions, Please Contact [rebecca@functionalbehaviorsolutions.com](mailto: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.