Please Join Us!

HSA Meeting

Wednesday, January 22nd at 7:00 pm
SJRCs Media Center

3 hours of tuition credit for attending

Guest Speaker: Dr. Christina Brooks

Dr. Brooks lives in Frederick and is a licensed psychologist at the Center for Anxiety and Behavioral Change in Rockville, MD. The topic of her presentation is:

*When Fears Take Over: How to Recognize Anxiety Disorders in Children and How Parents Can Help.*

The presentation will include the following topics:

- The signs of problematic anxiety
- How anxiety develops and what factors maintain anxiety
- The basics of behavioral change and anxiety reduction
- Practical strategies to promote positive behaviors and coping strategies

Uncle Ralph’s Cookies and other refreshments will be served!