



This program is proudly presented by:
Westborough Youth & Family Services
 and **Westborough Connects**



MANAGING ANXIETY AT SCHOOL AND HOME

Strategies to Interrupt the Worry Cycle

This program is for ages 14 and over

For more information: www.westboroughconnects.org



Guest Speaker Lynn Lyons, LICSW

Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 28 years specializing in the treatment of anxiety disorders in adults and children.

Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought after expert, appearing in the New York Times, Time, NPR, Psychology Today, and other media outlets.

With a special interest in breaking the generational cycle of worry in families, Lynn is the coauthor of two books on anxiety: *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle* and *Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.



Preregistration recommended but not required.
 Free professional childcare provided with
 preregistration at: Westboroughconnects.org



Westborough High School Auditorium

90 West Main Street, Wednesday, April 3rd

6:30-8:30pm



This event is made possible through sponsorship by
 Westborough Civic Club, Middlesex Savings Bank,
 Gibbons Parent Group, Hastings Parent Group
 and Westborough SEPAC.



We strive to host inclusive, accessible events that enable all individuals to engage fully. To request an accommodation or for inquiries about accessibility, visit the registration page or contact Cara Preslev at 508-366-3090 coreslev@town.westborough.ma.us