

# Parenting Anxious Kids:

An Interactive Workshop  
with Child Psychologist Dr. Amy Bohlander

## LOGISTICS

For parents of kids ages 5-11 who are anxious, fearful, or worriers.

Offered several times throughout the school year, during the school day.

6 weekly 1-hour sessions, via Zoom or in-person (Greenwood office).

Cost: \$150 per 60-min. group session (\$900 total)

### **Interested in learning more?**

[www.capsseattle.com/groups](http://www.capsseattle.com/groups)

*Dr. Bohlander is out-of-network with insurance but provides superbills so families can submit claims. You may check with your insurance to see what amount your insurance will reimburse you for "CPT code 90849".*



## WORKSHOP CONTENT

The goal of this workshop is to empower parents to help their children manage their anxiety. Parents will learn about childhood anxiety, and parenting strategies they can use.

### Topics include:

- Helping your child look at the facts, and think more realistically when they are worried.
- Learning to respond effectively when your child is anxious using "Supportive Statements" and other tools.
- Encouraging kids to face their fears and be brave in a gradual, step-wise fashion.
- Teaching and practicing relaxation and coping strategies that your child can use when feeling anxious.
- And more!

## TO PARTICIPATE

Complete the New Client Inquiry Form:

[www.capsseattle.com/new-clients](http://www.capsseattle.com/new-clients)

Note that spots are limited for this small group workshop (4-6 families).

