

PRESSURE – WORRY – STRESS – ANXIETY

Is This Normal?

WHEN IS IT TOO MUCH FOR TWEENS & TEENS?

Wednesday – September 16, 2015

9:00 a.m. – 10:30 a.m.

T/E Administrative Offices, 940 West Valley Rd, Suite 1700, Wayne, PA

Stress affects everyone differently. There is stress that's beneficial and motivating – good stress. There is stress that causes anxiety and even health problems – bad stress. ARCH invites you to a presentation and discussion about the stress and anxiety in our families. The presentation will:

- Discuss how to evaluate if the stressors in your child's life, and their reactions, are "normal" or something that needs to be addressed and when professional help should be considered.
- Offer take-away strategies to help your child (and possibly you) understand, cope, and manage stress and/or anxiety.



This Community Conversation will be led by...

< **Karen Moon**, LCSW, is a psychotherapist in Wayne, PA. She works with adolescents and their families, groups and individuals. Karen holds a certificate in Positive Psychology and a Master in Social Work from Washington University in St. Louis.



< **Kim Zahlaway**, LCSW, is a Licensed Clinical Social Worker in Berwyn, PA. She specializes in working with children, adolescents, adults and families impacted by Depression, Anxiety, Learning Disabilities, ADHD, Asperger's Syndrome, Parenting Education, School Problems, and major Life Transitions. Kim received a Master in Social Work from Simmons College in Boston.

This discussion will focus on parenting MIDDLE & HIGH SCHOOL age children. As always, all parents are welcome to attend ARCH events.