

Evidence Based Cognitive-Behavioral Therapy for **PARENTING ANXIOUS CHILDREN & TEENS**



Is your child showing any of the following signs?

- *Difficulty separating from you even for a short time.*
- *Worrying about “something bad” happening to you/them.*
- *Avoiding social situations, including school.*
- *Worrying excessively about academic or sports performance.*
- *Frequent physical complains, such as headaches, stomachaches, or difficulty falling asleep.*

If so, and he/she is between the ages of **5 and 14**, please consider this program.

Through a series of workshops, you will learn:

- How to handle your child's distress in challenging situations.
- How to help change your child's way of thinking and behaving in ways demonstrated to decrease anxiety.



Dr. Shilpee Sindwani, Ph.D. is a licensed psychologist who has expertise in working with anxious youth and their families and has received extensive training in cognitive-behavioral therapy (CBT) for anxiety.

For more information please visit IntegratedBehavioral.org or call 781-551-0999.

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