



New Hampshire

Department of Education



NOW What? Helping Children (and Parents) Manage Emotionally During Uncertain Times

Lynn Lyons is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families.



Registration Information:

When: Apr 21, 2021 06:30 PM Eastern Time (US and Canada)

Register in advance for this webinar

After registering, you will receive a confirmation email containing information about joining the webinar.

https://Aus02web.zoom.us/webinar/register/WN_ly7wzdk1RZ6qj286t7SFw

Children and teens were struggling with increasing rates of anxiety and depression prior to 2020, and this past year didn't help! Parents and caregivers need strategies to help children (and themselves!) manage the uncertainty of our current environment as we recover and move forward. This presentation describes the skills needed for emotional management including how to increase flexibility, tolerate uncertainty, communicate effectively and replace catastrophic thinking with problem-solving. I will refer to situations particular to the ongoing pandemic and its aftermath, but recommended measures will be relevant far beyond this timeframe and singular content.

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