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Supporting Youth and Families: Managing Stress and Anxiety in the age of COVID-19

Thursday June 4, 2020 12:00-1:30 PM via Zoom
Presented by Christopher McLaughlin, LCSW
Associate Vice President, Community and Pediatric Services
Northern Light Acadia Hospital

In this workshop, Chris will provide a brief overview of anxiety disorders in youth and adolescents and will review signs, symptoms, and recommendations for parenting youth struggling with anxiety. He will share the impacts that the COVID-19 global pandemic has had on young people (and their families and providers!) and how to create a more successful home and community-based environment for these youth. Chris will describe the negative effects associated with "Pandemic Parenting", the impacts this has on us all, and offer suggestions to help decrease "COVID Chaos" in the home. This workshop will also introduce concepts of grief and loss, healthy mourning, self-care, and how to foster resiliency in children, families, and ourselves.

Registration is **FREE**, however space is limited. Click or copy and paste the link below to register:

https://us02web.zoom.us/webinar/register/WN_gv6uiR5iRm-oTWwGQOLsBw

A Certificate of Attendance for 1.5 contact hours will be sent to registered attendees following the webinar.

This FREE session has been generously supported by the following organizations:

