

# **BREAKING FREE OF CHILDHOOD ANXIETY AND OCD - PARENTING SERIES**

**DO YOU HAVE A CHILD WHO IS ANXIOUS  
ABOUT SCHOOL? LEARN HOW TO SUPPORT  
YOUR CHILD/YOUTH WITH ANXIOUS  
SYMPTOMS IN 4 SESSIONS!**

- **September 17:** Understanding Anxiety, OCD and parental accommodation
- **September 24:** Mapping parental and family accommodations
- **October 1:** Reducing accommodations and planning
- **October 8:** Reviewing your plan and troubleshooting

**5 – 6:30 @ Essex Pediatrics**

Light refreshments included.

Please call Carter at (802) 735-4136 to register!