

Worry and Anxiety in Children and Adolescents

Using evidence based strategies to help kids and caregivers cope during tough times

TUESDAY, JANUARY 19TH": 7PM - 8:30PM

The Arlington Public Schools' Parent Resource Center (PRC) invites you to join us as we welcome back

Dr. Erin D. Berman

Clinical Psychologist at the National Institute of Mental Health

for a free and important virtual session in which she will:

- Address signs and symptoms of anxiety disorders
- Review the difference between a stress response vs. anxiety disorder
- Discuss how an anxiety disorder in children/adolescents impacts online learning
- Discuss how coping strategies need to be adjusted given the current pandemic

Questions? Contact us at
703.228.7239 or prc@apsva.us. To
learn more about Dr. Berman,
please visit apsva.us/prc-events

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