

PARENTING ANXIOUS KIDS TREATMENT GROUP

Enrolling now for September 2023!

This is an 8-week treatment group co-led by Erin Stevens, PhD and Angela Shunnarah, LICSW, LMSW. The Parenting Anxious Kids group is based on SPACE - Supportive Parenting for Anxious Childhood Emotions - an evidence-based parenting program that aids parents in changing their own behavior to help children and teens better manage anxiety. SPACE teaches parents to respond supportively to their child, while also reducing accommodations they've been making for the child's anxiety.

SPACE treatment is appropriate for many of the most common anxiety issues that children, teens, and young adults face:

- Obsessive-compulsive disorder (OCD)
- Separation anxiety
- Social anxiety
- Generalized anxiety
- Specific phobias
- Illness and health anxiety
- Panic disorder and agoraphobia
- Selective mutism

Who: Parents located in Iowa, Alabama, or Michigan

Where: Virtual groups to be held via Zoom

When: September 18th-November 6th, 2023
Mondays from 11:00am-12:00pm CST

Cost: \$75 per session

Contact: admin@anxietytreatmentonline.com
(515) 216-0679

ANXIETY & OCD
TREATMENT SERVICES
COURAGE TODAY. CONFIDENCE TOMORROW.

