

# SPACE

## SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS TREATMENT GROUP

Enrolling now for January 2023!

This is an 8-week treatment group led by Erin Stevens, Ph.D. and Angela Shunnarah, LICSW, LMSW. SPACE - which stands for Supportive Parenting for Anxious Childhood Emotions - is 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 and teens 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: January 16th-March 6th 2023

Mondays from 11:00am-12:00pm CST

Cost: \$100 per session (\$800 for the series)

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

**ANXIETY & OCD**  
TREATMENT SERVICES  
COURAGE TODAY. CONFIDENCE TOMORROW.

