

**Shrewsbury Public Schools invites  
parents and community members to a  
thought-provoking presentation and discussion**

***Preventing Anxiety and Depression:  
Skills We Can (and Should!)  
Teach Our Children***

**Date:** Tuesday, April 2, 2019

**Time:** 6:30 p.m. – 8:30 p.m.

**Location:** Oak Middle School Auditorium

**Childcare will be provided for school-aged children in the OMS cafeteria**

Untreated anxiety in children is one of the top predictors of depression in adolescence and young adulthood. The good news? Research proves that teaching children certain cognitive and social skills makes an impactful difference in preventing the development of these struggles. Lynn Lyons describes the most common anxiety-enhancing patterns—including reassurance, accommodation, avoidance, and poor problem solving—and then introduces an umbrella approach that changes both the child's *and* adult's engrained patterns of thinking and behaving. The goal? Helping children and young adults move toward autonomy and flexibility throughout life.

Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 28 years specializing in the treatment of anxiety disorders in adults and children. Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a renowned expert, appearing in the New York Times, Time Magazine, NPR, Psychology Today, and other media outlets. With a special interest in breaking the generational cycle of worry in families, Lynn is the coauthor of two books on anxiety: *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.

