



Bell Center For Anxiety And Depression

Why is my child so anxious?
As a parent, what can I do to help?

+ Parenting Anxious Children

4-Week Group for Understanding Your Child's
Anxiety and Helping to Overcome Fears
October 26th – November 16th
(Wednesday Evenings from 7:00 pm to 8:30 pm)

Dr. Indra López, Psy.D., offers the foundation to understanding anxiety and its major causes, with specific attention to the manifestation of anxiety in children. This group will help parents with implementing several key strategies to assist their children in the management of anxiety symptoms.

- Session 1 All About Anxiety- Understanding Anxiety Disorders and Major Causes
- Session 2 Understanding My Child's Anxiety- Identifying child's personality styles, behaviors associated with anxiety, and triggers
- Session 3 How can I help my child? - Developing strategies to reduce symptoms
- Session 4 Promoting healthy coping skills at home and in other environments. Planning for keeping the progress.

Seats are limited, so please reserve your spot by October 12th!

Fees: \$400 for the 4-session group. Check with your insurance about possible coverage.
To register for this group or to request further information, please call Dr. Lopez at 410-480-8052

5850 Waterloo Road, Suite 140 Columbia, MD 21045

410-480-8052 www.bellcad.net