



MANAGING ANXIETY IN CHILDREN AND ADOLESCENTS

Date: Wednesday, 15th October

Time: 10am - 11am (GST; Dubai)

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

Anxiety is one of the most commonly reported mental health problems. While worrying is a normal part of life, excessive worrying and continuous negative thoughts can lead a person to feel overwhelmed, stressed, stuck, and anxious. Anxious children and young people report not feeling like they are in control of their negative thoughts, resulting in them feeling excessive nervousness, indecisiveness, and an inability to relax.

ATTENDEES WILL WALK AWAY WITH:

- Understanding the difference between normal worries and clinical anxiety
- Insight into how anxiety presents itself in children, and the causes of anxiety
- Practical tools to assist you in supporting your children in dealing with life's stressors.

FACILITATED BY:



Dr. Daniela Salazar, PhD. (Colombia)
CLINICAL PSYCHOLOGIST
Education Director

REGISTER: lighthousearabia.com/events

Instructions for how to join this webinar will be shared separately in advance.

