

FREE Workshop for Parents of ALL Children & Young Adults

Anxiety & Depression

Helping Kids Thrive: Understanding and Preventing Anxiety and Depression in Children and Adolescents

- ❖ Overview of anxiety and depression and how it is different in children than adults.
- ❖ Understanding who is most at risk for anxiety and depression.
- ❖ Highly effective ways to prevent and counteract anxiety and depression through Positive Psychology that you can all implement today.

Presented by:

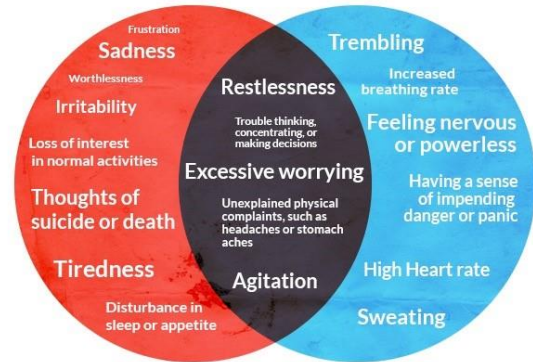
Birch Tree Psychology

Dr. Brittany Ryan-Berzins specializes in therapy with women and adolescent girls. She treats depression, anxiety, and stress. She has conducted research on cutting and other self-injurious behavior and treats adolescents who resort to self-injury to cope with their feelings. Dr. Ryan-Berzins has extensive experience helping girls develop healthy self-esteem and a positive self-image.

Dr. Peter Berzins specializes in individual psychotherapy with children, adolescents, and young adults. His primary expertise is with anxiety disorders, such as school phobias, social anxiety, panic attacks, and other fears/phobias. Dr. Peter Berzins incorporates Positive Psychology techniques into his practice to help individuals thrive.

Depression

Anxiety



May 10, 2017

7-9PM

Anthony Wayne
Middle School –
MEDIA CENTER
201 Garside Ave
Wayne, NJ 07470



WAYNE SPECIAL PARENTS ASSOCIATION

FREE Childcare for
Children of Wayne
will be Provided!

**FOR MORE INFORMATION EMAIL:
SpecialParentsAssociation@WayneSchools.com**