Navigating Child Anxiety as a Parent/Guardian

Do you have a child aged 6 to 17 who experiences frequent or ongoing anxiety?

This virtual group offers tools and strategies for parents as they support their children through anxiety.

Supportive Parenting for Anxious Childhood Emotions (SPACE) is a parent-based model for addressing child anxiety developed by Dr. Eli Lebowitz at the Yale Child Study Center.

Wednesdays, April 2023 (6 sessions)
12:00 PM - 1:00 PM ZOOM

In this virtual group, we will:
- Introduce SPACE to parents
- Reduce parental accommodations for children’s anxiety
- Implement personal boundaries
- Share reassuring statements
- Build connections with other parents
- Share tools and resources
- Increase children’s resiliency

Total Cost for 6 sessions $100 for one parent and $150 for two parents

Learn more and apply by emailing
childrensmhp@alexanderjfs.org

Joan and Stanford Alexander Jewish Family Service
4131 South Braeswood Blvd., Houston, Texas 77025
www.alexanderjfs.org