

THE AGNES IRWIN SCHOOL AND THE RADNOR TOWNSHIP SCHOOL DISTRICT
PTOS/PTSA UNITE IN A PUBLIC/PRIVATE PARTNERSHIP TO PRESENT

Anxious Child? Worried Parent?

Positive Parenting Strategies for
Less Worrying and More Connection

WEDNESDAY
JANUARY 10, 2018
7:00PM

RADNOR HIGH SCHOOL, AUDITORIUM

Is your child stressed over the pressures of maintaining friendships and excelling in school? Has social media introduced a whole other world of anxiety? Do you find yourself worrying about these things, and more, and wonder how you can help your child?

DR. KATHERINE K. DAHLSGAARD will share clinically-proven strategies to help better understand and manage today's stresses and anxieties for school-aged families. She will describe the hidden costs of worrying about your children and how parents can manage them. As a licensed clinical psychologist with expertise in Cognitive Behavioral Therapy (CBT) for today's youth, Dr. Dahlsgaard will discuss what is normal anxiety and what is not, and introduce positive parenting strategies that will help you and your child connect and thrive.



DR. KATHERINE K. DAHLSGAARD, PhD, ABPP, child psychologist and anxiety expert, specializes in the evaluation and treatment of anxiety disorders, and is board certified in Behavioral and Cognitive Psychology. She is a frequent lecturer and guest speaker and is published widely on the topic of child development. Dr. Dahlsgaard serves as the Clinical Director of the Anxiety Behaviors Clinic (ABC) and the Picky Eaters Clinic in the Department of Child and Adolescent Psychiatry and Behavioral Sciences at the Children's Hospital of Philadelphia (CHOP).



Dr. Dahlsgaard will also hold assemblies for Agnes Irwin and Radnor High School students on **THURSDAY, JANUARY 11.**

Space is limited.

 Please RSVP at: agnesirwin.org/RadnorSpeakerSeries

 For more information, contact RadnorSpeakerSeries@gmail.com

This lecture is free and open to the public.

Sponsored by:

The
**Agnes
Irwin
School**



BRINGING ILLUMINATING CONVERSATIONS TO THE COMMUNITY