

**FOR PARENTS OF
CHILDREN WITH
ANXIETY OR OCD**

Erin Hassall is offering this parent-based treatment to address child and adolescent anxiety. Space is an evidenced based treatment that is effective in treating anxiety and/or OCD related disorders. SPACE was developed at the Yale Child Study by Dr. Eli Lebowitz and it is a systemic program that teaches parents how to supportively and appropriately respond to their child's anxiety through changes in their own behavior. By reducing an "accommodating" approach to a child's anxiety, parents are able to engage in a manner that ultimately enhances the child's ability to cope with anxious thoughts and feelings and reduce avoidance behaviors that are due to anxiety.

Registration

Please call Erin Hassall at the Family Support Center to register for this course,
349-5158.

The maximum capacity of this workshop is 10 families per group.

Resources

Breaking Free of Child Anxiety and OCD, by Eli Lebowitz, PhD

[www.spacetreatment.net./](http://www.spacetreatment.net/)

youtu.be/ExVvAn9hcjY



Spencerport Central School District
71 Lyell Avenue
Spencerport, NY 14559

Phone: 585-349-5158
Fax: 585-349-5040

SPACE Workshop

Supportive
Parenting
for
Anxious
Childhood
Emotions



Erin Hassall, LMFT, RPT-S
Spencerport Family Support Center
ehassall@spencerportschools.org
585-349-5158

Are you raising an anxious child?

DO YOU:

- Reassure your child a lot?
- Provide assistance to your child because of their anxiety?
- Participate in behaviors that are related to your child's anxiety?
- Assist your child in avoiding things that create anxiety?
- Avoid doing things for yourself because of your child's anxiety?
- Change parts of your family, work, or leisure routine/activities because of your child's anxiety?
- Do things that would usually be your child's responsibility because of their anxiety?

If so, then this is the program for you!

Course Overview

Understand childhood anxiety and the role of support and accommodation in reduction of symptoms.

Learn how to determine your accommodation behaviors, how to choose a target behavior, and begin to develop a plan.

Continue to develop your plan and prepare for informing your child about the changes that will take place.

Develop confidence in implementing your plan, even when it is creating strong emotional responses.

Get clear on how to manage your emotions and responses related to your child's reactions to changes that you are making.

Determine when you are ready to move on to other steps in your plan and how to implement these.

Schedule

Mondays at 5:30-6:30pm
or
Tuesdays at 12-1pm
on Zoom

Dates

January 8th/9th
January 15th/16th
January 22nd/23rd
January 29th/30th
February 5th/6th
February 12th/13th
February 26th/27th
March 4th/5th

Our mission is to educate and inspire each student to love learning, pursue excellence and use knowledge, skills and attitudes to contribute respectfully and confidently to an ever-changing global community.

