

COMING JANUARY 8th, 2024: an evidence-based Zoom
parent group offered by Erin Hassall

Space

SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS

Are you a parent of an anxious child? Do you often modify your family routine because of your child's symptoms? Do you often find yourself doing things that would usually be your child's responsibility? Have you regularly modified your work or leisure activities because of your child's anxiety? If you have been nodding your head yes, then this free online workshop is right for you.

Erin Hassall; Licensed Marriage and Family Therapist and Registered Play Therapist Supervisor from the Spencerport Family Support Center will be offering this exclusive SPACE treatment workshop for parents with limited spots available.

SPACE is an expedition into your own parenting behavior - to help your anxious child. SPACE is a treatment program for parents developed by Dr. Eli Lebowitz from the Yale Child Study Center and stands for Supportive Parenting for Anxious Childhood Emotions. It is focused on the only thing you have control over with your child's anxiety, YOUR behavior. Focused on shifting parental responses to anxious childhood emotions has proven to be very effective in treating your child's anxiety!

More information can be found on this effective program at www.space-treatment.net or Ted Talk, Rethinking Treatment for Child Anxiety and OCD with Dr. Eli Lebowitz.. Research shows us that the SPACE treatment protocol is just as effective as individual cognitive behavioral therapy in treating anxious childhood emotions in children of all ages. If your child struggles with obsessive thoughts or compulsive behaviors, general anxiety, separation anxiety, selective mutism, social anxiety, this SPACE group can help!

For more information, please contact Erin Hassall at 349-5158 or
email, ehassall@spencerportschools.org