



SAFE COMMUNITY COALITION
Working Together for Our Youth Since 1995

Improving Your Family's Emotional Health

Wednesday, March 15th, 7-9pm

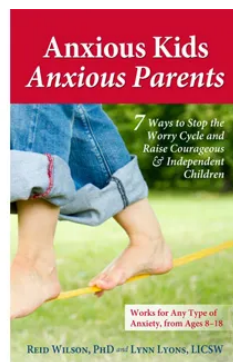
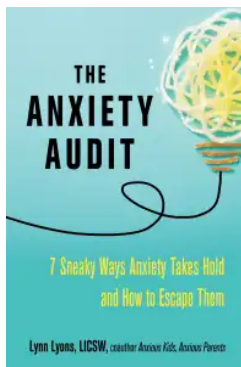
Alden Theatre, McLean Community Center

Lynn Lyons, licensed independent clinical social worker and best-selling author of *Anxious Kids*, *Anxious Parents* and the newly-released *The Anxiety Audit*, presents ***Helping Your Family's Emotional Health: Practical, Strategic Skills and Solutions for Managing Anxiety, Enhancing Flexibility, and Creating Wellbeing.***



Lynn presents a strategic approach based on skill-building, with prevention as the preferred route. Parents and caregivers will learn how to increase their child's flexibility, support the tolerance of uncertainty, and emotionally and preventatively equip themselves and those they love as we all move forward.

Tickets are \$10 and can be purchased at www.mcleanscc.org.
Space is limited.



To register and for more information,
visit mcleanscc.org.