



# Treating Anxious Kids

## Parent Workshop

**Date:** Thursday, January 16, 2020

**Time:** 6:30 to 8:30 PM

**Place: Hauser Junior High School**  
Woodside Rd., Riverside, IL 60546

Join mental health experts from Rogers Behavioral Health in Hinsdale for an eye-opening evening discussing ways parents can address and support the needs of children who are suffering from anxiety.

**What you will learn:**

- Introduction to exposure techniques for anxiety disorders including exposure and response prevention for OCD
- Examples of exposures – what do they look like?
- Common presentations of anxiety in school-age kids, and normalizing these presentations
- What can parents do to help in the moment
- Informative Q&A

**Presenters:**



Brandon DeJong, PhD  
Clinical Supervisor



Simon Jencius, LCPC  
Lead Therapist



Kalyna Melnyk, LPC  
Family Therapist