

Peace for Parents

Anxiety in Children and Teens

John Whitfield, LCSW

Monday, January 28, 2019, 6 p.m. - 7 p.m.

Spencer County High School (Cafeteria) | 520 Taylorsville Road | Taylorsville, KY 40071

What is anxiety? What are the signs and symptoms of anxiety in children and teens? What are some tips for helping children manage anxiety? Attend this educational seminar for answers to these questions and more.

John Whitfield is a Licensed Clinical Social Worker employed by Our Lady of Peace Hospital. He has years of experience working with children and adolescents in crisis.

If you would like to attend this No Cost seminar, please call Lisa Prewitt at 502-432-2011 or email lisaprewitt@kentuckyonehealth.org.



JOHN WHITFIELD, LCSW

Child care will be provided.



Many parents have asked for advice and help when it comes to dealing with anxiety in children and teens. So, we have collaborated with Our Lady of Peace in bringing you this seminar to help answer those questions.

At 5:45, doors will open to the SCHS cafeteria. Children will need to be signed in with staff and volunteers in the cafeteria, where they will spend time practicing mindfulness/relaxation activities. Cookies and lemonade will be served as well. (Teens may choose to attend the session with parent if they would like to hear the advice as well).

After signing their children into cafeteria, parents will go to the SCHS library for their parent session with John Whitfield, LCSW. The session will run from 6:00-7:00pm.

At the end of the session, parents will come back to the cafeteria to pick up their children. Parents attending the session will receive a certificate of completion giving them free entry to that night's High School ball game for one adult and one child per family.



MAKE SURE YOU RSVP AS SOON AS POSSIBLE WITH LISA PREWITT – All you have to do to RSVP is call 502-432-2011 or email her at lisaprewitt@kentuckyonehealth.org. When you RSVP make sure, you let us know how many adults and children are attending.