



Discover Your Center



Fern Weiland Memorial Lecture

ANXIETY FREE KIDS

Presented by Bonnie Zucker, PsyD

Is your child feeling worried, scared, afraid or nervous? Does your child avoid certain situations because of fears and worries? All children and parents feel anxious at times, but sometimes worries can begin to limit activities and experiences. Dr. Bonnie Zucker, acclaimed author and psychologist, will provide empirically proven techniques for reducing stress and anxiety. This empowering workshop will provide you with the tools to help your child be anxiety free!

For parents with children ages 6 months to 18 years.



Wednesday, November 30
7 – 8:30 p.m.

The lecture will include:

- Information about anxiety – what it is and what to do about it
- Practical tools for reducing stress and anxiety
- Q&A session
- Author book signing

COST & REGISTRATION

Individual

\$10 member/\$15 general public
Code 12FPC620

Couple

\$15 member/\$20 general public
Code 12FPC622

For more information and to register, visit jccgw.org or contact Jen Silber at 301.348.3837.



About Dr. Bonnie Zucker:

Bonnie Zucker, Psy.D., is a licensed psychologist in Washington, DC who specializes in the treatment of anxiety disorders in children and adults and utilizes a cognitive-behavioral (CBT) approach. She conducts psychotherapy at the National Center for the Treatment of Phobias, Anxiety and Depression in Washington, DC and at Alvord, Baker, & Associates in Rockville, MD.

Dr. Zucker was named one of Washingtonian Magazine's Top Therapists in the fields of Cognitive-Behavioral Therapy, OCD, Phobias, Troubled Child, and Troubled Adolescent in 2009.

In addition to being active in conducting trainings on CBT for anxiety, Dr. Zucker wrote *Anxiety-Free Kids: An Interactive Guide for Parents and Children*, a self-help book for children with anxiety disorders and their parents, and *Take Control of OCD: The Ultimate Guide for Kids with OCD*, a self- help book for children and teens with OCD, ages 10-16. In addition, she co-authored *Resilience Builder Program for Children & Adolescents: Enhancing Social Competence & Self-Regulation (A Cognitive-Behavioral Group Approach)* and *Relaxation & Self-Regulation Techniques for Children & Teens: Mastering the Mind-Body Connection* (Audio CD).

