



Westport Special Education Parent Advisory Council Presents Understanding Anxiety in Children

A Virtual Workshop for Parents and Professionals



Join us virtually and meet Julie Love, MSN, APRN, PMHNP-BC, director of the McLean School Nurse Liaison Project. Ms. Love has been a nurse practitioner and psychiatric nurse for 20 years, working with people of all ages in a wide range of settings.

Anxiety is the most prevalent mental illness in America, and has been increasing, particularly among our youth. Symptoms of anxiety are often difficult to recognize, and are easily mistaken for physical illnesses, manipulation, or laziness. Efforts to alleviate it often actually make the symptoms worse. This presentation, designed for those with limited clinical experience treating anxiety, will help parents, guardians and school staff learn:

- The physiological processes involved in anxiety
- How to recognize anxiety symptoms among children
- How best to support children struggling with anxiety, without exacerbating the symptoms.
- The importance of collaboration between the school and home to address this issue.

Date: May 11, 2021
Location: Virtually on Zoom (link will be provided once RSVP has been received)
Time: 6:00-7:00 P. M.
RSVP: By Monday, May 10, 2021 by emailing Elaine Santos or Helena Neves
esantos@westportschools.org or hneves@westportschools.org