Parenting Your Anxious Child:
The COTTAGe at the University of Pennsylvania is offering a 6-week group for parents of anxious children.

Do you have an Anxious Child?
- Anxiety is the most common psychological problem among children today.
- Although there are many different forms of anxiety, common features are high levels of stress and avoidance of anxiety-provoking situations.
- Child anxiety is associated with difficulties in:
  - academic achievement
  - social and peer relations
  - future emotional health
- Often times, anxious children suffer in silence and do not get the help or support they need.

This group will provide:
- Information about anxiety
- Improved awareness of your child’s anxiety symptoms
- Parenting strategies for dealing with anxiety and associated behavior problems
- A skill-set that will prepare you to help your child manage his or her anxiety
- A nonjudgmental, supportive place to share your experiences with other parents and discuss parenting issues together

The next group begins soon! To sign up or learn more about this program, please contact: 215.746.3331