

SPACE

PARENTING ANXIOUS CHILDREN: A SUPPORTIVE WORKSHOP

SPACE (Supportive Parenting for Anxious Childhood Emotions) is an evidence-based treatment for children and adolescents with anxiety, OCD, and related-problems. Unlike other treatments, this therapy works exclusively with parents/ guardians. While the child is the focus, you, the parent, are the mechanism for change.

Workshop Goals

- Develop and practice the tools to put yourself back in the drivers seat.
- Understand the role of parental support and accommodations.
- Work towards reducing your child's anxiety symptoms.
- Connect with other families.

What's Included

- Four live sessions with feedback from two psychologists with 10 years of experience working with children.
- Brief videos and at-home practice to further your learning.
- The opportunity for further consultation.

How to Sign up



CLICK HERE or scan the QR Code to sign up for a SPACE workshop.

Workshop Details

Dates: 10/30, 11/6, 11/13, & 11/20

Time: 12-1pm EST

Location: Virtual, Google Meets

Cost: \$750 for up to 2 caregivers

Meet Your Workshop Leaders



**Hanna Cohen,
Psy.D.**

Licensed
Psychologist
SPACE trained



**Kirsten Rene,
Ph.D.**

Licensed
Psychologist
SPACE trained



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FREQUENTLY ASKED QUESTIONS

1 Is this therapy?

This workshop should NOT substitute therapy. It is educational, and intended to give you the skills to implement changes in your home. Some families may use this workshop while their child is in therapy, or as a first step.

2 Who should attend?

Because parenting decisions are best implemented with consistency, we recommend that all caregivers are involved in workshop, if applicable. We also understand this may not be feasible, so the attending caregiver can share materials if needed.

3 What if I can't attend all of the sessions?

Life happens, we understand! Because this workshop is sequential, we will send you the slides, and recommend that you complete the pre and post-session work to be caught up for the next meeting.

4 What if I need more help?

This workshop may be your stepping stone to therapy, or another training in a long line of steps. If upon completion of the workshop you are interested in finding a SPACE provider, or therapy for your child, we can assist in connecting to you or your child to care.

5 How does this help if you don't meet my child?

Don't underestimate your role! Because children rely on parents to help manage their anxiety, parents can also be a big part of the solution.

6 How do I sign up?

Click [this link](#) or use the QR code above to navigate to the registration page. Payment is due at time of registration to secure your spot.

QUESTIONS?

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