

# Worried Child?

## Are your kids feeling anxious? Turn to the Coping Cat! (Ages 9-12)

Anxiety in children has been shown to contribute to behavioral and academic problems, and can lead to continued problems through adolescence. Learning to cope with fear and anxiety in childhood can help alleviate anxiety later in life.



### The Coping Cat is a helpful and fun way to help children:

- Recognize their feelings
- Clarify anxiety producing situations
- Understand their bodies response to fear and anxiety
- Develop a plan to cope with anxiety
- Alleviate symptoms at home and school

*Facilitated by Benjamin Snyder, Ph.D.*

Please call our office at 727-725-8820 to reserve a spot for your child!



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