



# ***Parenting anxious teens***

Join Rogers Behavioral Health and Mental Health America of the North Shore for an informative virtual discussion for parents of teens struggling with anxiety. During this event, featuring a presentation from Rogers' Katya Viswanadhan, PsyD, clinical supervisor, and Danielle Karcz, LPC, family therapist, you will join local parents to:

- Learn how to recognize symptoms of anxiety in teens
- Discover effective ways to communicate with your child about their mental health
- Discuss ways COVID-19 has impacted stress
- Understand when it may be time to seek help

**Wednesday, November 11**

**7 to 8:30 pm**

The presentation will be held virtually through Zoom. To register, visit <https://www.eventbrite.com/e/parenting-anxious-teens-tickets-124292940531>

