



# Helping Our Kids Understand & Overcome Social Anxiety

Tuesday, September 13, 12pm-1pm  
VIA ZOOM

Since the rise of social media and the onset of the pandemic, mental health professionals have seen a dramatic uptick in social anxiety in teens. Join Erica Leibrandt, LCPC, RYT, MA to learn the sometimes surprising causes of social anxiety, how teens try to manage it on their own, and tools and strategies to help them meet the challenge of uncomfortable feelings.



*Featured Speaker:*

**ERICA LEIBRANDT**

Licensed Clinical Professional Counselor  
Sound Mind Counseling, Glenview

*CATCH Lunch and Learns are supported by a generous grant from the Northbrook Woman's Club.*

**REGISTER**