



Modeling Matters: What Parents Need to Know (and Do) to Decrease Stress, Worry, and Anxiety

Lynn Lyons, LICSW

Clinical social worker and psychotherapist, speaker, trainer, and author of *Anxious Kids*, *Anxious Parents* and *The Anxiety Audit*.

Monday, October 23, 2023, 7:00 PM

Central School, Misner Auditorium, 620 Greenwood Ave., Glencoe, IL 60022

Presented by **Family Action Network (FAN)**, in partnership with

The Alliance for Early Childhood, The Avery Coonley School, Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, The Cove School, Evanston Scholars, Evanston Township High School D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Gorton Center, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Lycée Français de Chicago, Magnetar Capital, Mindful Psychology Associates, Morgan Park Academy, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette Public Library, Winnetka D36, Winnetka-Northfield Public Library District, Wolcott College Prep, and Youth & Opportunity United.

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FOR IMMEDIATE RELEASE: LYNN LYONS, LICSW – IN-PERSON

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Anxiety and worry are normal and expected parts of learning and growing, but when children and teens face challenges cognitively, socially, or emotionally, anxiety can step in and take over. Anxiety can be overwhelming and rigid, but it's also based on predictable patterns that can be shifted once we learn how it operates.

Based on current research and over 30 years of clinical experience, **Lynn Lyons, LICSW** presents a strategic approach based on skill-building, with prevention the preferred path. The goal? Using creativity, connection, and energy, parents will learn how to increase their child's flexibility, support the tolerance of uncertainty, and emotionally and preventatively equip themselves and those they love as we all move forward.

Ms. Lyons travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought-after expert, appearing in the *New York Times*, *Time*, *NPR*, *Psychology Today*, *Good Morning America*, and other media outlets. Ms. Lyons is a featured expert in the documentary *Anxious Nation*.

With a special interest in breaking the generational cycle of worry in families, Ms. Lyons is the author/coauthor of several books and articles on anxiety, including *Anxious Kids*, *Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*. Her latest book for adults and teenagers, *The Anxiety Audit: 7 Sneaky Ways Anxiety Takes Hold and How to Escape Them*, was released in 2022.

Ms. Lyons is the co-host of the popular podcast *Flusterclux*.

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