



NCHS Student Services Parent Program

MONDAY, OCTOBER 15, 2018

7:00-8:30 P.M. NCHS LITTLE THEATER

ANXIETY MONSTER: HOW TO TURN GODZILLA INTO PETE'S DRAGON

SPEAKER: LAURA KOEHLER, PSY.D.

This presentation will identify symptoms that parents can observe in their children that indicate anxiety and/or overwhelming emotions. What to do in response to school anxiety, school avoidance and school refusal behaviors will be presented. Ideas to create a skills “tool box” stocked with concrete items to facilitate coping, useful strategies to promote resilience and self-soothing will be discussed. Additionally, ways to get help and support within the community will be provided.

Dr. Laura Koehler is a licensed clinical psychologist and clinical supervisor of Anxiety Services at Linden Oaks Behavioral Health. She has been working in the mental health field for over fifteen years in a variety of settings, including community mental health, private practice, and residential treatment centers. Her work has mainly focused on working with adolescents and their families. Laura's approach to treatment integrates Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT) with exposure therapy to provide patients with skills to increase their ability to regulate emotions, as well as tolerate overwhelming emotions.

**Home
& SCHOOL**

Naperville Central High School



Naperville Central
High School
Social Workers &
Home and School
are pleased to
present the second
Parent Program in
2018 -2019.

Please join us and
bring a friend!

Open to all
parents in
District 203 &
the Naperville
Community.

Questions?
Contact NCHS
Social Workers.

630-420-6435
630-420-6437