



NCHS Student Services Parent Program

MONDAY, OCTOBER 23, 2017

7:00-8:30 P.M. NCHS CLASSROOMS 201-202

LEARNING STRATEGIES TO HELP YOUR CHILD MANAGE ANXIETY & DEPRESSION

SPEAKER: LAURA KOEHLER, PSY.D.

This presentation will identify symptoms that parents can observe in their children to notice anxiety and depression. How to tell the difference between healthy anxiety and anxiety disorders, as well as sadness and depression, will be discussed. Parents will be able to learn and practice useful strategies to manage anxiety and depression. Additionally, ways to get help and support within the community will be provided.

Laura Koehler, Psy.D. (Licensed Clinical Psychologist) graduated from the Illinois School of Professional Psychology at Argosy University with a doctoral degree in Clinical Psychology. 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 2017-2018.

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