

Workshop for Salem families & caregivers



# School-Related Anxiety and School Avoidance

WED, MAY 10, 2023: 5:30-6:30PM | Online

RSVP: [tinyurl.com/SalemAnxiety](https://tinyurl.com/SalemAnxiety)

School-related anxiety and school avoidance have both increased since the start of COVID-19. Join us as we explore parenting strategies to support anxious kids and teens and decrease conflicts at home. This workshop is part of our webinar series with Cartwheel Care, Salem's mental health partner organization. **We'll cover:**

- How to understand the problem of school-related anxiety and/or avoidance
- Strategies for parenting and helping kids cope
- ✚ Q&A on parenting challenges and concerns



## Juliana Chen, MD

Medical Director at Cartwheel Care and board-certified child and adolescent psychiatrist at Massachusetts General Hospital (MGH). Clinical instructor at Harvard Medical School.



## Tai Katzenstein, PhD

Clinical psychologist and Director of Parent Guidance in the Division of Child and Adolescent Psychiatry at Newton-Wellesley Hospital. Former Director of Certification at Think:Kids at Mass General.