PARENT **EDUCATION** NIGHT

WASHINGTON COUNTY SCHOOL DISTRICT

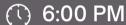


Event Topic:

An Attachment Approach to Helping Your Child Manage Anxiety



Tuesday, February 11th, 2025





Hurricane Intermediate School

1325 S 700 W

Hurricane, UT 84737

In this presentation, we will explore how understanding and strengthening the attachment bond between parents and children can be a powerful tool in managing childhood anxiety. Key Topics include: Understanding Attachment Theory, Identifying Anxiety in Children, The Role of Secure Attachment in Managing Anxiety, and **Practical Strategies for Parents.**



Scan or type in Link below for live streaming

https://youtube.com/live/Q7E4UJOBj0w

Presenter:

Cary Mac Arthur, LMFT

Licensed Marriage and Family Therapist

Cary Mac Arthur is a licensed marriage and family therapist dedicated to helping clients overcome a range of challenges, including self-concept, anxiety, depression, trauma, relationship conflicts, and attachment issues. She uses systemic approach, assessing relationship patterns, personality traits, and available resources to gain a comprehensive understanding of each client's unique situation. Her goal is to help clients rediscover their inner strength, improve their relationships, and achieve clarity and healing. Together, clients and Cary navigate difficulties to work towards a more fulfilling and balanced life. She offers individual, couple, and family therapy to enhance communication, resolve conflicts, and foster emotional wellness.

Mental Health Screeners Available at the Event

Must be between the ages of 11-17 to participate in the screening







Tema del evento:

¡Desbloquea el poder del ADAD!



🛗 Tuesday, October 8th, 2024

- 🕚 6:00 PM
- Sandstone Elementary 850 North 2450 East Saint George, Utah 84790

En este taller aprenderemos cómo reconocer el ADHD, cómo funciona el cerebro del ADHD y las herramientas que puede utilizar para ayudar a sus hijos a convertirlo en un superpoder y reducir los síntomas negativos que puedan estar experimentando.



Escanee o escriba el enlace a continuación para transmisión en vivo

https://youtube.com/live/hEK5yzO4CW4

Presenter:

Thurmon Thomas - LMFT

Licensed Marriage & Family Therapist Utah Approved MFT Supervisor Business/Personnel Training

Thurmon es socio fundador y director clínico de Ascend Counseling and Wellness. Se especializa en sistemas familiares, matrimonio, paternidad, teoría de la personalidad y trastornos de ansiedad.