

# PARENT EDUCATION NIGHT

WASHINGTON COUNTY  
SCHOOL DISTRICT



Join  
-US-

## Event Topic:

*An Attachment Approach to Helping Your Child  
Manage Anxiety*

 Tuesday, February 11th, 2025

 6:00 PM

 Hurricane Intermediate School

1325 S 700 W

Hurricane, UT 84737



Scan or type in Link  
below for live streaming

<https://youtube.com/live/Q7E4UJOBj0w>

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.

## 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

**SIGN UP**



# Noche de Educación Para Padres

## Tema del evento:

*¡Desbloquea el poder del ADHD!*

 Tuesday, October 8th, 2024

 6:00 PM

 Sandstone Elementary

850 North 2450 East

Saint George, Utah 84790



Escanee o escriba el enlace a continuación para transmisión en vivo

<https://youtube.com/live/hEK5yzO4CW4>

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.

## 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.