



**Northampton Area Pediatrics, LLP**  
**PARENTING WORKSHOP**  
**When Worrying Takes Over: Managing**  
**Anxiety in your Child or Teen**  
**Sunday, December 4th**

We are seeing an increasing number of children who are experiencing anxiety. World or national events, school, family and friends, or numerous other stressors in their lives, can become overwhelming and have a significant effect on their abilities to move through their day. The current omnipresent media in our society might be contributing to or fueling our children's concerns and not offering appropriate coping skills. We want our families and patients to know that we are here to help, and that there are several things that can be done to manage these difficult feelings.

We have a workshop on anxiety taking place on December 4th at 4:00 p.m. in our Northampton office. Please come and discuss your concerns and get some advice on what you can do to help your children. If you are not able to come to this workshop, please know that you can contact your provider for more ideas and help.

**Workshops are from 4 p.m. to 5:30 p.m.**

**193 Locust St., Northampton**

*RSVP by calling 413-517-2226 or email [contactus@napeds.com](mailto:contactus@napeds.com)*