



Loosening the Grip of Anxiety in Our Families

What does anxiety look like?
Why are our children stressed?
What's causing this?
What can we do about it now?
Where can we get help?

Pal Joey's in Batavia
2030 Main (Corner of Randall & Main)

Calling all MS and HS Parents:

Middle School Parents - November 6, 2019 - 7-8:30 pm

Presenter: Kathryn Dolewski LCSW
Child and Adolescent Therapist at Safe Harbor Counseling in Sugar Grove

Katherine offers therapeutic intervention for adolescents and adults as well as children pre/k through 6th grade. Katherine has worked as an elementary school social worker in Elmhurst. Katherine teaches the skills necessary for self-control and getting along with others and recognizes the importance of including parents and other significant adults in the process.

High School Parents - November 13, 2019 - 7-8:30 pm

Presenter: Dr. Beth Plachetka LCSW, MSW, MAEL
Therapist and Founder of Safe Harbor Counseling, P.C. in Sugar Grove

Dr. Beth Plachetka, LCSW, brings a unique blend of professional experiences to her work as therapist, teacher and former Geneva CUSD #304 social worker. Dr. Plachetka offers services to children, adolescents and adults in the areas of relationships, PTSD, bullying, anxiety and depression, special education and workplace issues using a variety of therapeutic techniques including EMDR. You can hear Dr. Plachetka Monday mornings on 107.1 WSPY *Your Life Matters*

Pre-register at <http://bit.ly/GEAGSSAanxietyseminar> by October 30, 2019 for a chance to win one of several unique prizes.

Must be present to win. Pizza and pop provided. Cash bar available.



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