

Circle of Learning Speaker Series

2022 Guest Speaker

Lynn Lyons, LICSW



As we continue to grapple with the impact of the pandemic and other stressors, parents need strategies to help their children manage their anxiety, moods, and social pressures. Based on current research and over 30 years of clinical experience, Lynn Lyons will talk about the common traps adults fall into and the key adjustments needed to prevent and help mental health challenges in our kids.



***Helping Your Children and Tweens:
The Emotional Skills Your Family Needs***

**Tuesday, November 1, 2022
6:30-8:30 p.m.**

Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 30 years specializing in the treatment of anxiety disorders in adults and children.

Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought-after expert, appearing in the New York Times, Time, NPR, Psychology Today, and other media outlets.

With a special interest in breaking the generational cycle of worry in families, Lynn is the author/co-author of several books and articles on anxiety, including *Anxious Kids*, *Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*. Her latest book, *The Anxiety Audit*, will be released in October.

She is the co-host of the popular podcast Flusterclux.

Please RSVP: <https://tinyurl.com/yc8nzw53> or use the QR code.

