

*The Merrimack School District invites you
to a Zoom meeting of a Lynn Lyons pre-recorded Webinar,
with facilitated discussion to follow.*



(Pre-recorded on Sept. 13th, 2021)

Focusing on Elementary Aged Students: October 21st, 2021

Focusing on Middle and High School Aged Students : October 26th, 2021

***What Does Our Community Need Now?
Helping Children Transition to a New School Year***

As we emerge from a year like no other, adults need strategies for instilling the skills children and adolescents need to confront and reduce the negative impacts of anxiety, stress, and depression both at school and home. Using creativity, connection and energy, parents/caregivers and educators will learn how to increase flexibility, support the tolerance of uncertainty, and emotionally and preventatively equip themselves and those they love as we all move forward. This workshop and Q and A will refer to situations particular to the challenges of the pandemic aftermath, but also recommend measures that will be relevant to help everyone manage stress across settings and situations!



Lynn Lyons is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families.

She is a keynote speaker and presenter at national conferences, and a sought-after expert on the subject of anxiety, appearing in the New York Times, NPR, Psychology Today, the Atlantic, Washington Post, and Time, among others.

Lynn is the co-host of the popular podcast Flusterclux and is the author of several books and articles, including Anxious Kids, Anxious Parents and the companion book for kids Playing with Anxie-

Pre-Register by Clicking Below.

A link for the Zoom meeting will be sent to you.

Focusing on Elementary:

October 21st, 2021

6:00-7:30 PM

<https://forms.office.com/r/sjMttSGSSY>

Focusing on Secondary:

October 26th, 2021

6:00-7:30 PM

<https://forms.office.com/r/x5m0QBP6BR>

Discussion with Fern Seiden, MSD Director of Student Wellness

Michelle Watson from NAMI NH, Family Network Coordinator,

Kaitlyn Bernier and Terry Clyde, Parents, Advocates

Join us for a discussion about handling the challenges of anxiety.