

# TAMING THE ANXIETY MONSTER

*Practical Ways to Support Your Child When Anxiety Takes Over*

PRESENTED BY:



Find the Plainfield Parent Community Network online at [www.plainfieldpcn.org](http://www.plainfieldpcn.org) and on Facebook [@plainfieldparentcommunitynetwork](https://www.facebook.com/plainfieldparentcommunitynetwork)

## A PRESENTATION FOR:

- K-12 parents, caregivers, and family members
- K-12 teachers, staff, administrators
- Social workers, nurses, mental health professionals (CEUs/CPDUs available)

## EVENT SCHEDULE

- 6:00pm - Reception / Community Resource Fair
- 6:30pm - Welcome / Speaker Presentation
- 7:30pm - Q & A / Discussion
- 8:00pm - Close

## PRESENTATION AVAILABLE IN ENGLISH AND SPANISH

## PRESENTATION will include:

- Effective, easy strategies to help children and parents manage overwhelming emotions in a healthy way
- Ways to identify and manage risk when anxiety and overwhelming emotions are out of control
- Information about effective psychiatric medications and when it may make sense to use them
- A brain-based understanding of anxiety and how much anxiety may be too much

Visit [www.plainfieldpcn.org](http://www.plainfieldpcn.org) for livestream information and recordings of this and other events.

**Thursday, November 10th**  
**6:00pm**  
**Plainfield East High School**  
**Auditorium**

[12001 Naperville Rd. Plainfield, Illinois 60585](https://www.google.com/maps/place/12001+Naperville+Rd,+Plainfield,+IL+60585)

Main Entrance and Parking located off Naperville Rd.

Community resources available at 6:00pm - Speaker presentations begin at 6:30pm

## DISTINGUISHED PRESENTERS



### Angela C. Solis, LCPC, CADC, CCTP

Ms. Solis is a Licensed Clinical Professional Counselor, a Certified Alcohol and Drug Counselor and a Certified Clinical Trauma Professional. She has extensive experience working with families and individuals with a variety of issues, including depression, anxiety, substance abuse, and trauma. Ms. Solis is the owner of Crossroads Counseling Services, a Plainfield resident and a District 202 parent.



### James V. Dyers, DO

Dr. Dyers is a board-certified general psychiatrist with experience treating adolescents and adults in both outpatient and inpatient settings. Dr. Dyers works in collaboration with Crossroads Counseling Services providing psychiatric medication management and psychotherapy services.

## SPONSORED BY:



Walk-ins are welcome. RSVPs are preferred and appreciated to help us better plan for and staff this event. Please RSVP at <https://www.plainfieldpcn.org>.