

The Flemington-Raritan School District welcomes back Lynne Gonski to present a wellness session on...

Anxiety in Kids and What We Can Do About It

Monday, October 15, 2018

J.P. Case Middle School

6:00-6:30pm Local resources fair and light refreshments

6:30-7:30pm Keynote speaker—Lynne Gonski

7:30-8:00pm Q&A with Lynne Gonski and FRSD Counselors

Come learn about the causes of anxiety our children face and strategies to help raise children who are less anxious!

Lynne Gonski, M.S., School-Based therapist with Hunterdon Behavioral Health for the past 9 years, has previously presented to the FRSD community on both the topics of resiliency and anxiety. She will again present on this topic with practical advice and strategies for all families. Lynne has served as an Adjunct Associate Psychology faculty member at RVCC for 29 years, is a certified Disaster and Crisis Response Counselor and was previous author of The Hunterdon Democrat parenting column, “The Parents’ Manual.”

“With 31.9 percent of adolescents having had an anxiety disorder at some point in their lifetime, anxiety is the number one mental health concern that educators and counselors face (Merikangas et al., 2010).”

Parents, staff, friends and family are welcome to attend!

RSVP at <https://goo.gl/HtpBnj> (*not required to RSVP in order to attend)

A Spanish translator will be available.

