

nami Coping With COVID

National Alliance on Mental Illness

Southwest Ohio

a virtual workshop for parents
helping kids through situational anxiety

offered at no-cost to participants

Join Us to Start the Conversation on August 2 or 5

NAMI Southwest Ohio's Coping with COVID (CWC) has been developed to open the conversation with parents about their kids' situational anxiety during this pandemic.

- **50-minute interactive virtual presentation** designed for parents
- Offered via NAMI SWOH's **secure Zoom** by a trained 2-person team
- One presenter shares their **lived experience of a child with anxiety** and their **parental coping strategies**
- **Dr. Helen Asbury PsyD**, a local psychologist with a specialty in parenting and anxiety disorders, will offer insight and **tips on how to support kids as they return to school**.
- **Why now?** Anxiety and depression are more prevalent than ever due to the pandemic, and many individuals with no prior history of mental health challenges may experience them for the first time. **Youth may be particularly susceptible to anxiety** in a world where they have little control. With the new school year looming, **kids will need help adjusting to their new normal**, whatever that may be. **Now is the time to equip kids with real world strategies.**

[REGISTER TO ATTEND](#)

Questions? Email our Program Director
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www.namiswoh.org

Education, support, and advocacy for people living with mental illness and their families