

Leonora Campoli Speaker Series 2024

LYNN LYONS LICSW



Bedford MA SEPAC



Modeling Matters:

What Parents Need to Know (and Do) to Decrease Stress, Worry, and Anxiety

January 10th, 2024 7-9pm
Bedford Highschool Auditorium

The current news about young people and mental health has created warranted concern, but the information can be overwhelming and hard to sort through. 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.

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, Good Morning America, and other media outlets. Lynn is a featured expert in the new documentary *Anxious Nation*.

With a special interest in breaking the generational cycle of worry in families, Lynn is the author/coauthor 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 for adults and teenagers, *The Anxiety Audit* was released last October.

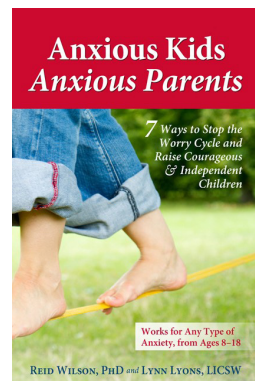
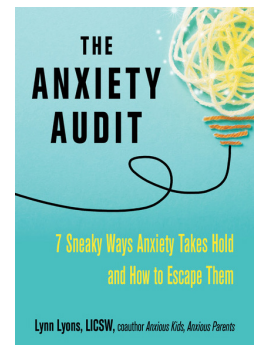
Lynn is the co-host of the popular podcast *Flusterclux*.

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