

Teaching Our Children Emotional and Social Skills: What Current Research and Mr. Rogers Have in Common... and Why We Need to Take Action Now with Lynn Lyons

Thursday, October 3, 2019

7:00—9PM

Masconomet Auditorium

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This program is free & open to all parents/caregivers & educators.

The facts:

- ⇒ Youth rates of anxiety, depression and suicide have increased significantly over the last few years
- ⇒ Untreated anxiety in children is one of the top predictors of depression in adolescence and young adulthood

BUT, we know what helps in preventing the development of these challenges!

- ⇒ Taking action to increase connection
- ⇒ Actively teaching children cognitive and social skills

Join Lynn Lyons as she discusses **HOW** and **WHAT** our children need to learn in today's world, which overlap with the skills that Fred Rogers of Mr. Roger's Neighborhood taught children who tuned into his PBS television show over its 31 seasons. The goal? Helping kids move toward autonomy, empathy, connection and flexibility now and throughout the life cycle.



*Lynn Lyons, LICSW is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. She is a popular 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, and Time, among others. Lynn is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents* and the companion book for kids *Playing with Anxiety: Casey's Guide for Teens and Kids*. She is the author of *Using Hypnosis with Children: Creating and Delivering Effective Interventions* and has two DVD programs for parents and children.*

She maintains a private practice in Concord, New Hampshire where she sees families whenever she's not on the road teaching.