



ALVORD (BAKER)



FREE PARENT WORKSHOP

Friday, March 14th 12:00pm-1:00pm
via Zoom

PARENTING IN THE MIDST OF STRESS AND UNCERTAINTY

Are you impacted by recent changes and feel an increase in stress, anxiety, or fear?
Do you have a child who is expressing high levels of stress?

Join our free parent workshop to learn ways you can help yourself and your family cope in uncertain times.



Workshop Objectives:

- Recognize what stress can look like in children
- Learn ways to help both yourself and your children cope with stress
- Hear ideas on how to personalize interventions to increase resilience in your family

About the speaker: Kelly Trimble, LCSW-C, specializes in helping families navigate major life transitions. She treats anxiety, depression, challenges related to adjustment, and trauma in teens and adults.

Register now with link or QR code:

<https://shorturl.at/bEvi0>



HOW ELSE CAN WE HELP?

- ✓ Individual therapy
- ✓ Consultations
- ✓ Parent Support and Training
- ✓ Neuropsychological Evaluations
- ✓ Group therapy

ABOUT US:

Alvord Baker is committed to supporting youth, families, and adults with evidence-based mental health practices.

REGISTER NOW

Space is limited



301-593-6554 x23



alvordbaker.com



info@alvordbaker.com

Office Locations: Chevy Chase Rockille/Potomac Capitol Hill... coming soon!