

P A R E N T Speaker Series

Promoting Awareness and Resources for the Emotional Nurturing of Teens



Milton Public Schools and
The Milton Substance Abuse Prevention Coalition

P A R E N T Speaker Series

is proud to welcome

Jessica Minahan, M.Ed, BCBA

Stressed Out! Reducing Anxiety in Children

The National Institutes of Health (NIH) reports that one in four, 13-18 year olds has had an anxiety disorder in their lifetime. Without intervention, these children are at risk for poor performance, diminished learning, and social/behavior problems in school.

This presentation will introduce preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

Jessica Minahan, MEd, BCBA, is a board-certified behavior analyst and special educator and a consultant to schools nationwide. Jessica has over 17 years of experience supporting students who exhibit challenging behavior in public school systems.

DATE: Monday, November 26th

TIME: 6:30-8pm

LOCATION: Milton High School Auditorium

*THIS EVENT
IS FREE
AND OPEN TO
THE PUBLIC*

The **P A R E N T** Speaker Series is made possible with financial support from Beth Israel Deaconess Hospital-Milton, Milton Public Schools, Milton Substance Abuse Prevention Coalition, The Isabel Joyce Piliavin Charitable Trust, Parent Teacher Organizations and Special Education Parent Advisory Council.



Beth Israel Deaconess Hospital
Milton