

Join us (virtually) on October 1<sup>st</sup> 2020 at 6pm for an interactive discussion about feelings of anxiety in times of change. Parents and guardians will discuss signs and symptoms of anxiety disorders, how anxiety affects the brain and different ways we respond to fear. We will identify tools and skills that parents can use to assist their children to develop coping skills. Additionally, while the adults are engaged in discussion, students will be engaged in virtual activities designed to teach them how anxiety feels in their body and ways to cope with change.

Both adult and child sessions will be presented on the Zoom format.

In order to enter the session please copy/paste the link below into your preferred web browser. If you need further assistance please email [lovrnk@leonschools.net](mailto:lovrnk@leonschools.net) or [griggss@leonschools.net](mailto:griggss@leonschools.net).

**Adult link** – <https://zoom.us/j/91441033051?pwd=VERRZzdnYmN3Qk1WeWEvOU15ajI1dz09>

**Child link** - <https://zoom.us/j/99137094310?pwd=dmdkRUxRSDQ2ZVpFczZIMUF4RnJDdz09>

### **Presenter for Adults: Alicia Jones**

Alicia Jones, Licensed Mental Health Counselor

Youth Services Counselor – DISC Village Inc

Masters in Mental Health Counseling - Florida State University

Alicia has worked in field for 9 years, in home family counseling- parenting, family communication and outpatient substance use and mental health treatment for adolescents age 11-18.

### **Presenters for Children: Sarah Rawlings and Heather Taylor**

Sarah Rawlings, Licensed Clinical Social Worker

Youth Services Counselor – DISC Village Inc

Masters in Social Work - Florida State University

Sarah has worked in the field for 5 years focused on child and adolescent mental health treatment. Sarah has been with Swift Creek Middle School for 3 years focused on helping students who struggle with anxiety, depression, suicidality and eating disorders.

Heather Taylor, Bachelor in Arts

Health and Wellness Specialist - Disc Village Inc

Bachelor's Degree in Education and pursuing a Master's Degree in Clinical Social Work at Florida State University.

Heather has over 8 years of experience working with children and adolescents in various settings, including school-based mental health treatment and education settings. Currently, Heather is the New Horizons Counselor at Swift Creek Middle School.