

# PRESS RELEASE

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**Reading  
Coalition  
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Abuse**

## **RCASA and the Reading Memorial High School Guidance Department Presents: Lynn Lyons- Interrupting the Worry Cycle: Strategies for Managing Anxiety at School and Home**

**FOR IMMEDIATE RELEASE: October 11, 2017**

On Tuesday October 17, 2017, Lynn Lyons, Psychotherapist and Author, will provide an informative workshop addressing anxiety for parents, teachers and teens at the Reading Memorial High School in the William Endslow Performing Arts Center from 6:30-8:30pm.



*According to Lyons, “when children and their parents are in the grips of anxiety and worry, it feels overwhelming and mysterious. Anxiety is a very persistent master; when it moves into families, it takes over daily routines, schoolwork, bedtime and recreation. To make matters worse, the things that we do intuitively as adults to help and console our anxious children actually make the anxiety stronger. This workshop will discuss concrete strategies parents and educators can use with children and teens for families to handle current anxiety and also to prevent the development of anxiety and depression later in life.”*

Lynn Lyons, LICSW, a Concord, NH psychotherapist specializes in the treatment of anxious children and their parents. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle* and *Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey’s Guide for Teens and Kids*. She presents internationally to mental health and medical providers, educators, school nurses, and parents. She is regularly featured on television and public radio, including Katie Couric and Morning Edition. Books and DVD will be available for purchase.

***Registration is not required. If you have questions, contact Lynna Williams at [Lynna.williams@reading.k12.ma.us](mailto:Lynna.williams@reading.k12.ma.us)***

Local resources will also be available for participants that attend the workshop. The Town of Reading, with coordination by the **Reading Coalition Against Substance Abuse (RCASA)** has invested in a contract with the William James College [INTERFACE Referral Service](http://www.interface.williamjames.edu) to reduce barriers to accessing mental health services. Reading residents may call to consult with a mental health professional, free of charge, about resources and/or receive personalized matched referrals based on insurance, location, type of provider needed, and availability. The Helpline is open Monday-Friday 9am-5pm at 617-332-3666 X1411 or 1-888-244-6843 X1411. Visit: [www.interface.williamjames.edu](http://www.interface.williamjames.edu)