
Childhood Ministries of
Vestavia Hills Baptist Church

presents

Equipping our Children with Skills to Manage Anxiety

Session 1

Wed, April 10

6-7pm

Children's Building
Activity Room

Session 2

and

Sun, April 14

4:30-6pm

Children's Building
Activity Room

Do I need to register?

Wednesday Night

There is no need to register for the Wednesday night session, no cost, but please make a **dinner reservation** if you and your family plan to join us for dinner, 5-5:45pm, in the Fellowship Hall.

Follow the on back to make a dinner reservation. **Preschoolers eat free!**

Activities are available for preschoolers and children.

Sunday Evening

Please follow the QR code on back to RSVP for the Sunday evening session so we can plan for food and childcare.

Led by:



Becky Milstead, LPC

Over 20 years experience helping children, teens, and families

Session 1

Fears and Anxiety in Childhood and Adolescence

WEDNESDAY, APRIL 10
6-7 PM

No reservation is needed for the seminar.

Activities and childcare are available for all children.

Interested in joining us for our weekly Wednesday night Fellowship Supper, 5-5:45pm?

Follow the QR code to make a dinner reservation.



Optional dinner reservation

Fear and anxious distress are normal experiences in a healthy life. Children experience fear and anxiety throughout development and these in themselves are not typically a cause for significant alarm.

Parents who understand the role of fear and anxiety as an engine that a child needs to fuel their growth as they meet normal developmental challenges are better prepared to support and guide their child.

Come join us to learn about some of the **reasons for anxiety** in healthy development and learn some tips to **guide your child/teen** in their developmental journey.

Session 2

Problematic Anxiety and Parent Skills to Support Healthy Development

SUNDAY, APRIL 14
4:30-6 PM

For our Sunday session, **please follow the QR code to RSVP** so we can plan for food and childcare.

Free pizza dinner for all.



Sunday Session
RSVP

Fear and anxiety can become problematic when they overwhelm a child/teen and block the developmental process. There are skills that parents, children and teens can learn to manage anxiety to unblock the process.

All children benefit from parenting that acknowledges the real fears that life presents to us in an age appropriate manner. Parents are a powerful model for children and teens on how to tolerate anxiety and communicate when it becomes too heavy to carry alone.

Come join us to learn some tips on **how to open up communication** about anxiety in your family and to **recognize the signs** that professional help may be needed.



Questions: Call Nancy Akins @ 205-979-5920